ENCYCLOPEDIA
OF
TAEKWON-DO

GEN. CHOI HONG HI

VOLUME XV

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(Mokcha)



Taekwon-Do
in Korean Character

Taekwon-Do
in Chinese Character





To: CRAIG.
Aug. 19 1995

choi hong hi

GEN. CHOI HONG HI
President

International Taekwon-Do Federation

THE TENETS OF TAEKWON-DO

(Taekwon-Do Jungshin)

TAEKWON-DO AIMS TO ACHIEVE

Courtesy *(Ye Ui)*
Integrity *(Yom Chi)*
Perseverance *(In Nae)*
Self-Control *(Guk Gi)*
Indomitable Spirit
(Baekjul Boolgool)



EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

COURTESY *(Ye Ui)*

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

1) To promote the spirit of mutual concessions
2) To be ashamed of one's vices, contempting those of others
3) To be polite to one another
4) To encourage the sense of justice and humanity
5) To distinguish instructor from student, senior from junior, and elder from younger
6) To behave oneself according to etiquette
7) To respect others' possesions
8) To handle matters with fairness and sincerity
9) To refrain from giving or accepting any gift when in doubt

INTEGRITY *(Yom Chi)*

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor, or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor that teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up the words.
8. The student who feels ashamed to seek opinions from his juniors.

PERSEVERANCE *(In Nae)*

There is an old Oriental saying, "Patience leads to virtue or merit" "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistant efforts of a lowly spider. It was this perseverence and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Confucious said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

SELF-CONTROL *(Guk Gi)*

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disasterous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

INDOMITABLE SPIRIT *(Baekjul Boolgool)*

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.



"Pursue one's own goal"

PATTERNS *(Tul)*

The ancient law in the Orient was similar to the law of Hamurabi, "an eye for an eye, a tooth for a tooth," and was rigorously enforced even if death was caused accidentally.

In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practise or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rythmical movements.

It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power tests, feats and characteristic beauty.

Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following points should be considered while performing patterns:

1. Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.

2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

All patterns in this book are performed under the assumption the student is facing "D" (see pattern diagrams).

There are a total of twenty-four patterns in Taekwon-Do.

The reason for 24 Patterns:

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an aeon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century.

The 24 patterns represent 24 hours, one day, or all my life.

THE INTERPRETATIONS OF PATTERNS

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

CHON-JI:	means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
DAN-GUN:	is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
DO-SAN:	is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
WON-HYO:	was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
YUL-GOK:	is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram (士) represents "scholar".
JOONG-GUN:	is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).
TOI-GYE:	is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram (士) represents "scholar".

HWA-RANG: is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

CHOONG-MOO: was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

KWANG-GAE: is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (±) represents the expansion and recovery of lost territory. The 39 movements refer to the first two fiqures of 391 A.D., the year he came to the throne.

PO-EUN: is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (—) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

GE-BAEK: is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram (I) represents his severe and strict military discipline.

EUI-AM: is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

CHOONG-JANG: is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

JUCHE: is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram (山) represents Baekdu Mountain.

SAM-IL: denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

YOO-SIN: is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

CHOI-YONG: is named after General Choi Yong, Premier and Commander-in-Chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later become the first king of the Yi Dynasty.

YON-GAE: is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

UL-JI: is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram (乙) represents his surname. The 42 movements represents the author's age when he designed the pattern.

MOON-MOO: honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

SO-SAN: is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Yi Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

SE-JONG: is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram (王) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

TONG-IL: denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

Since each pattern has a close relationship with the fundamental excercise, students, therefore, should practice the patterns according to the following graduation to attain the maximum results with the least effort.

NAME OF TUL	RANK	ORDER OF BELT
CHON-JI	9TH GUP	WHITE/YELLOW STRIPE
DAN-GUN	8TH GUP	YELLOW
DO-SAN	7TH GUP	YELLOW/GREEN STRIPE
WON-HYO	6TH GUP	GREEN
YUL-GOK	5TH GUP	GREEN/BLUE STRIPE
JOONG-GUN	4TH GUP	BLUE
TOI-GYE	3RD GUP	BLUE/RED STRIPE
HWA-RANG	2ND GUP	RED
CHOONG-MOO	1ST GUP	RED/BLACK STRIPE
KWANG-GAE PO-EUN GE-BAEK	1ST DAN	BLACK
EUI-AM CHOONG-JANG JUCHE	2ND DAN	BLACK
SAM-IL YOO-SIN CHOI-YONG	3RD DAN	BLACK
YONG-GAE UL-JI MOON-MOO	4TH DAN	BLACK
SO-SAN SE-JONG	5TH DAN	BLACK
TONG-IL	6TH DAN	BLACK

GENERAL INFORMATION

The purpose of this volume is to teach the beginner students (10th grade to 7th grade) to perform their patterns with effective technique and realistic feeling. The student is, therefore, advised to pay special attention to the correct execution and application of each movement before he attempts to practise his pattern.

Obviously, the pattern cannot be performed correctly without sufficient knowledge of the fundamental movements involved. The student should refer to the relevant volume in this encyclopedia for more detailed information on each motion. This book is also strongly recommended as a review for all levels advanced beyond this stage.

The illustrations for all 24 of the patterns contained in this encyclopedia assume that the student is standing on line AB and facing D.

LEGEND:

 — present foot position with the exception of "Previous Posture"

 — Previous foot position

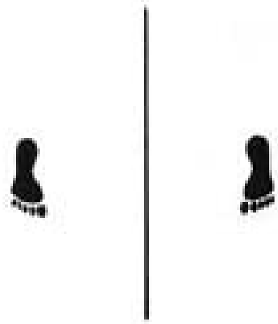
 — heel slightly off the ground

↑ — direction of foot travel

"Previous Posture"	— posture of immediate preceding movement
"Other View"	— view of posture from the opposite side
"Front View"	— the performer's front
"Top View"	— reader's view from the top
"to A,B,C,...etc."	— direction of attack or block to A,B,C,...etc.
"toward A,B,C,...etc."	— direction of stance toward A,B,C,...etc.
"Front foot"	— refers to the foot which is advanced to the front.
"Rear foot"	— refers to the foot which is placed at the rear.
"Left chest"	— refers to the left half of the chest.
"Right chest"	— refers to the right half of the chest.

IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.





Parallel stance



Sitting stance



Walking Stance *(Gunnun Sogi)*

Front View





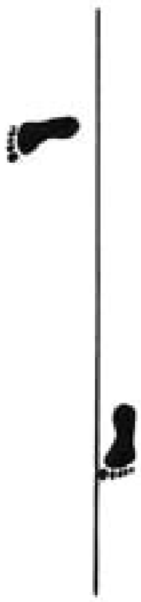
Back View



L-Stance *(Niunja Sogi)*

Front View





Back View





ADDITIONAL TECHNIQUES FOR PATTERN SO-SAN

Rear Foot Stance Forearm High Guarding Block
(Dwitbal So Palmok Nopunde Daebi Makgi)



Side View



Front View

Walking Stance Middle Vertical Punch
(Gunnun So Kaunde Sewo Jirugi)



Front View



The thumb reaches the same levels as solar plexus of the attacker.

Walking Stance Inner Forearm Middle Side Front Block
(Gunnun So Anpalmok Kaunde Yobap Makgi)



Front View



Side View

Flying Front Kick *(Twimyo Ap Chagi)*



Front View

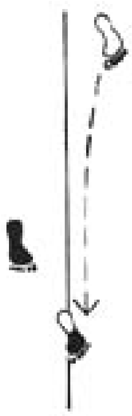
Side View

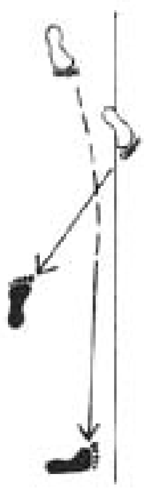


Forward Double Step-Slide Turning
(Apuro Ibo Omgyo Didigo Mikulmyo Dolgi)

From a Right Walking Stance

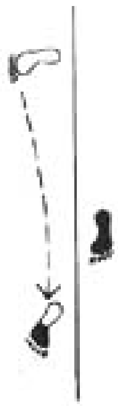




From a Right L-Stance





Walking Stance Knife-Hand High Inward Strike
(Gunnun so Sonkal Nopunde Anuro Taerigi)



Front View



Side View

Walking Stance Back Fist Reverse Front Strike
(Gunnun So Dung Joomuk Bandae Ap Taerigi)

Front View





Side View



PATTERN SO-SAN

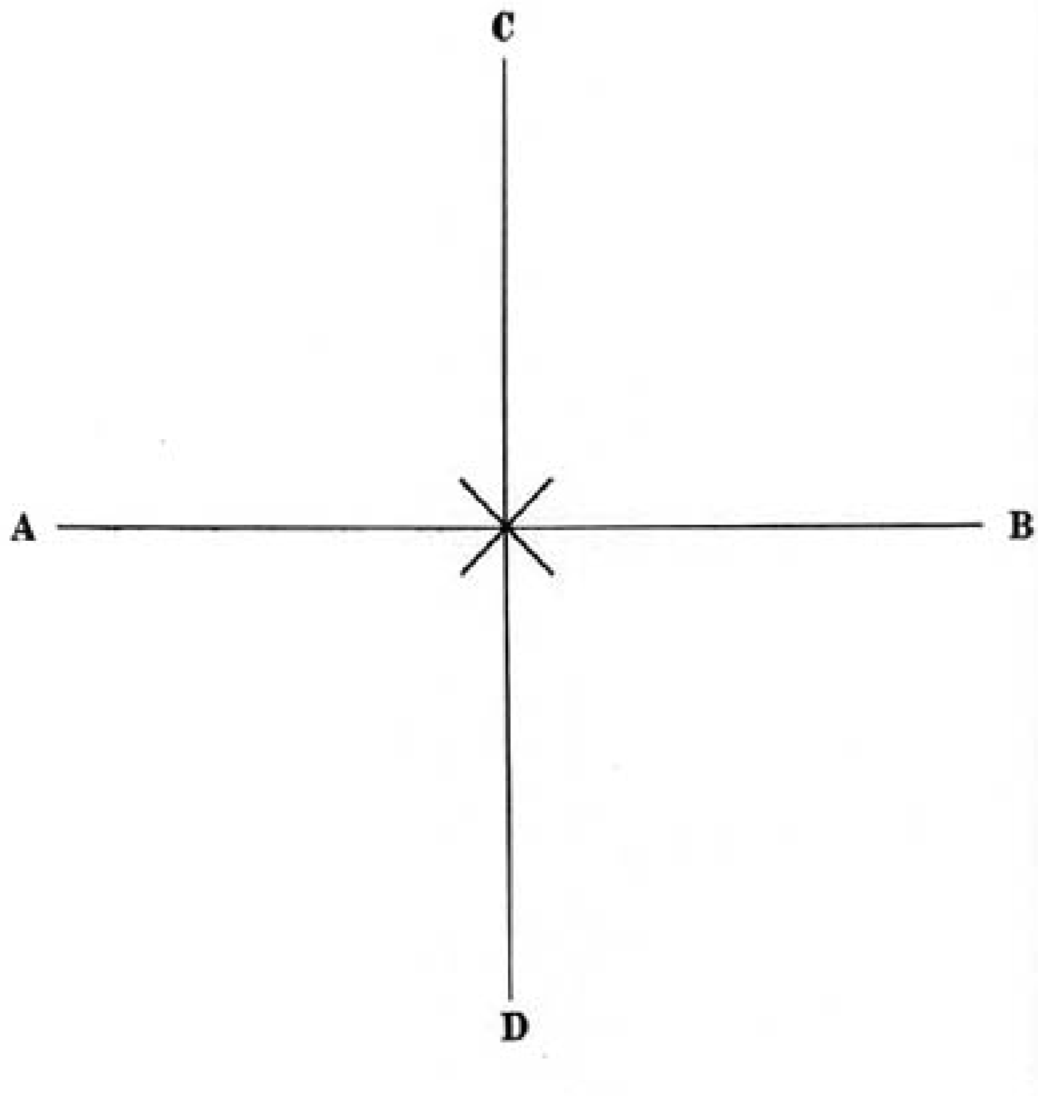
This pattern is practised by the 5th degree.

DIAGRAM: +

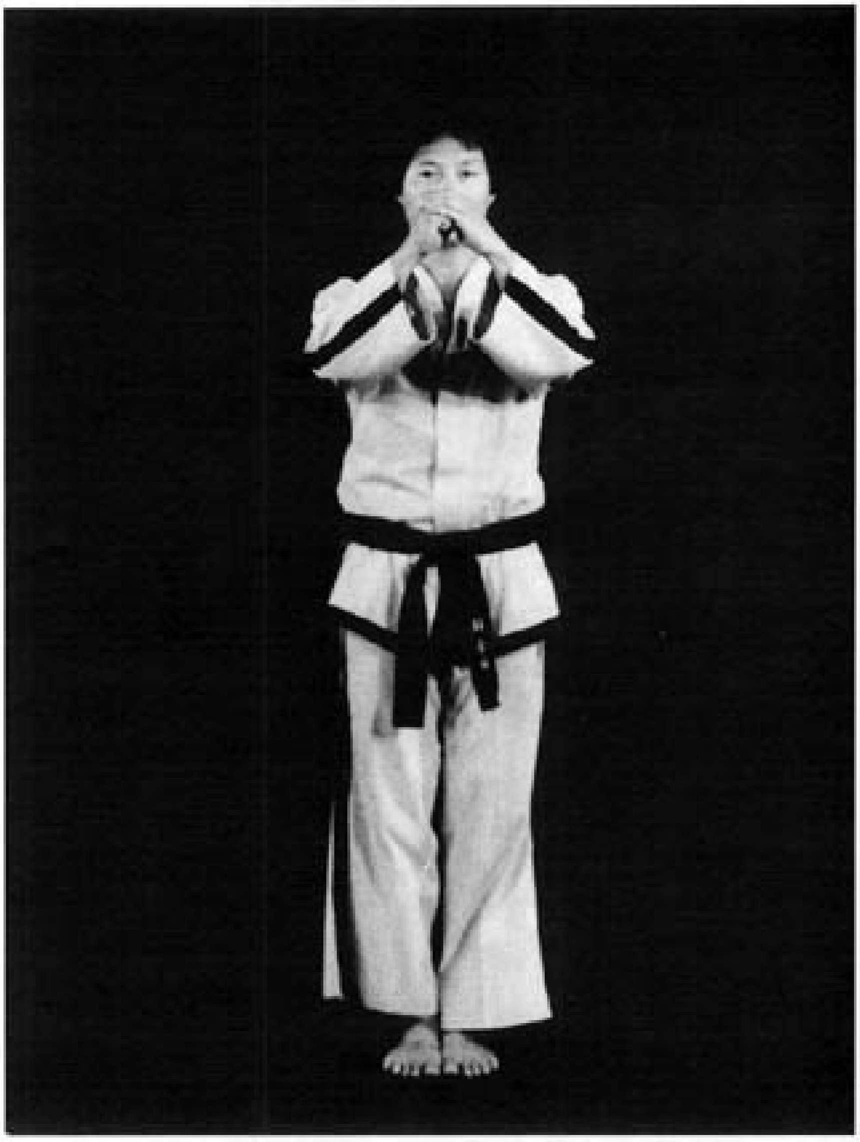
MOVEMENTS: 72

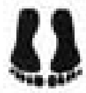
READY POSTURE: CLOSE READY STANCE A.

DIAGRAM *(Yon Moo Son)*



Ready Posture





Close ready stance A toward D

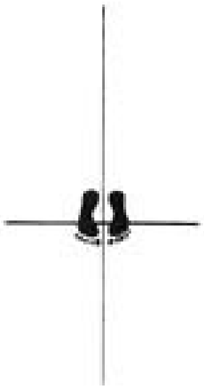
1. Slide to C to form a right rear foot stance toward D while executing a high guarding block to D with the forearm.





Right rear foot stance forearm high guarding block toward D.

Previous Posture

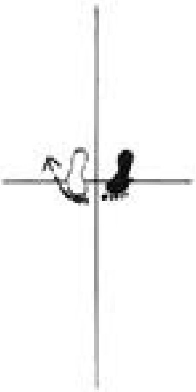




Application



Side View





Top View







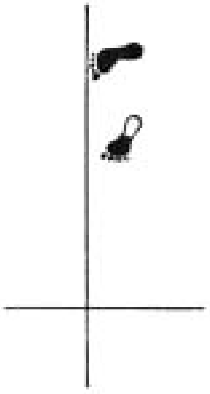
2. Execute a middle vertical punch to D with the right fist while forming a left walking stance toward D, slipping the left foot.



Left walking stance middle vertical punch with the right fist toward D.



Previous Posture

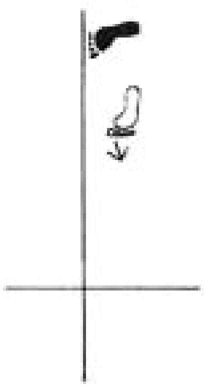




Application

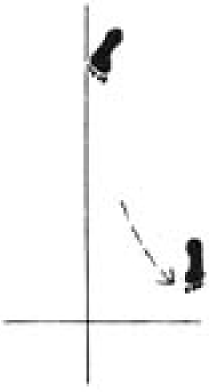


Side View





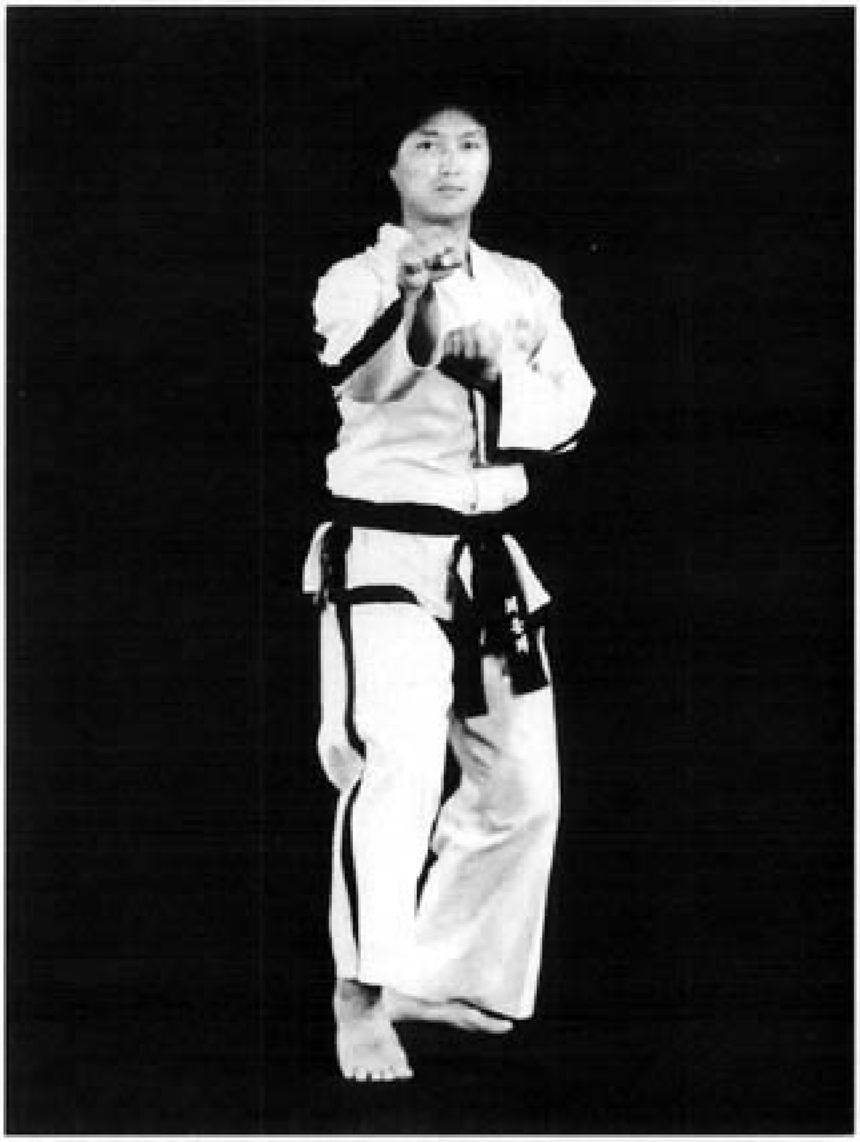
Side View



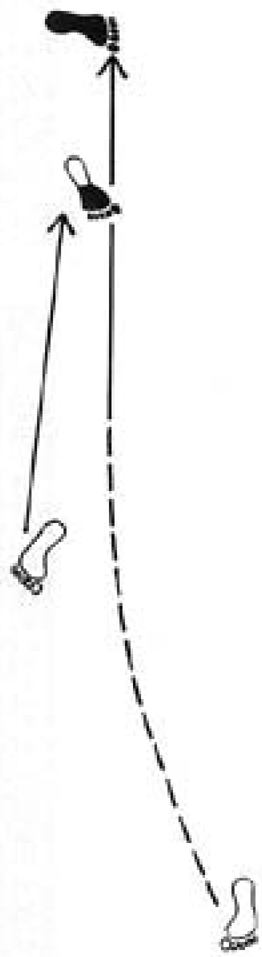




3. Slide to C, forming a left rear foot stance toward D while executing a high guarding block to D with the forearm.



Left rear foot stance forearm high guarding block toward D.

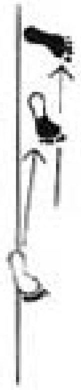


Previous Posture

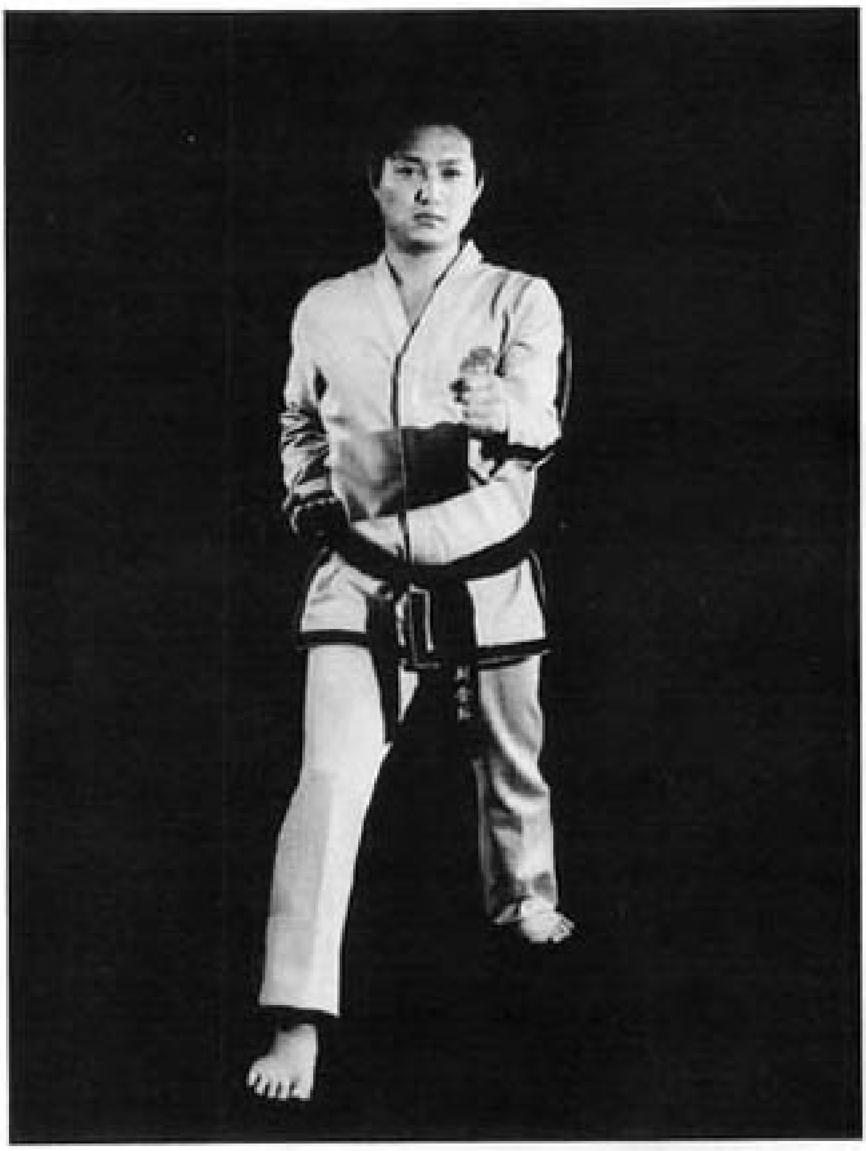








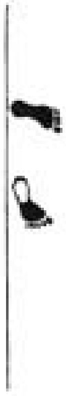

4. Execute a middle vertical punch to **D** with the left fist while forming a right walking stance toward **D**, slipping the right foot.



Right walking stance middle vertical punch with the left fist toward **D**.



Previous Posture





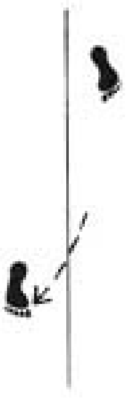
Application



Side View





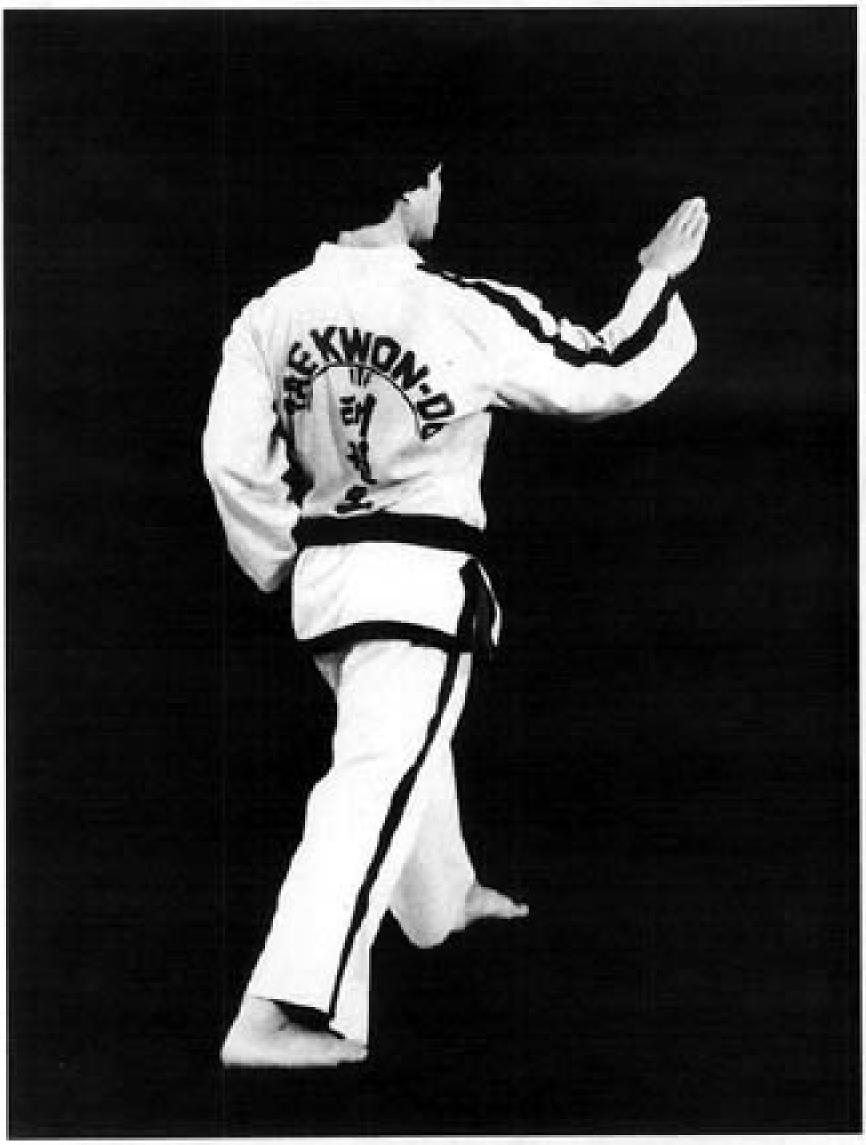




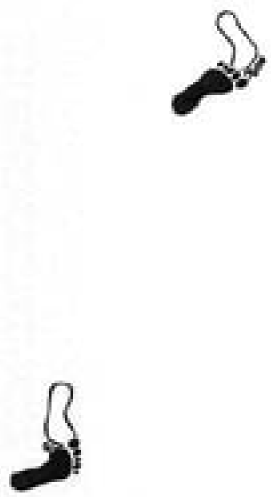
Other View



5. Execute a high side block to BC with the right knife-hand while forming a left walking stance toward BC.



Left walking stance high side block with the right knife-hand toward BC.



Previous Posture





Application



Side View

Keep both heels slightly off the ground.













Side View

6. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
Perform 5 and 6 in a fast motion.





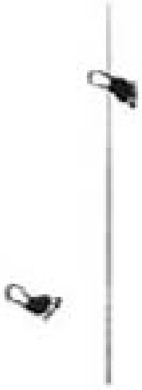
Sitting stance middle punch with the left fist toward BD.





Previous Posture

Keep both heels slightly off the ground.







Side View





Application



7. Execute a high side block to D with the left knife-hand while forming a right walking stance toward D.



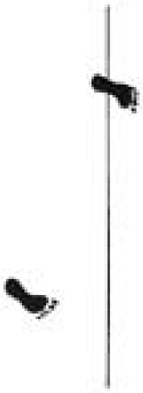


Right walking stance high side block with the left knife-hand toward D.

Application



Previous Posture





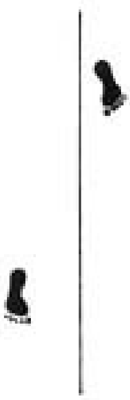






Other View

Keep both heels slightly off the ground.



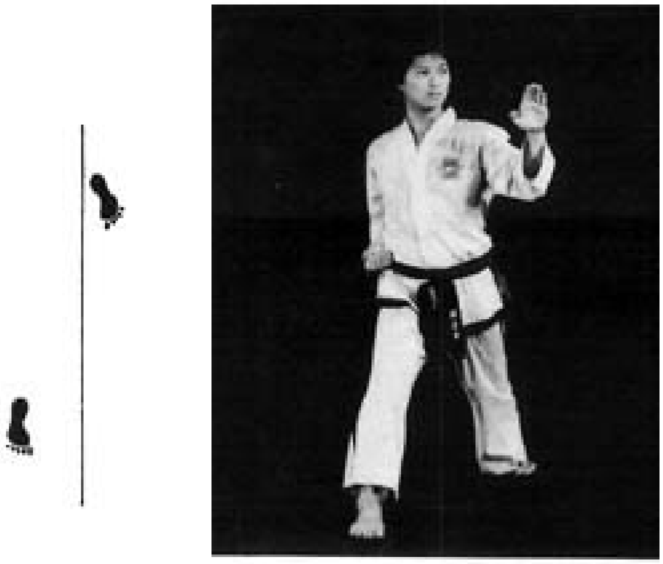


8. Execute a middle punch to BD with the right fist while forming a sitting stance toward BD.
Perform 7 and 8 in a fast motion.



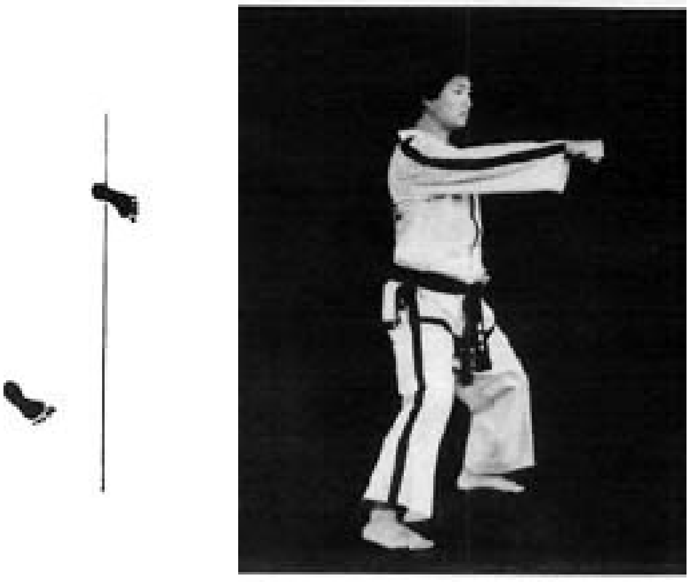
Sitting stance middle punch with the right fist toward BD.





Previous Posture

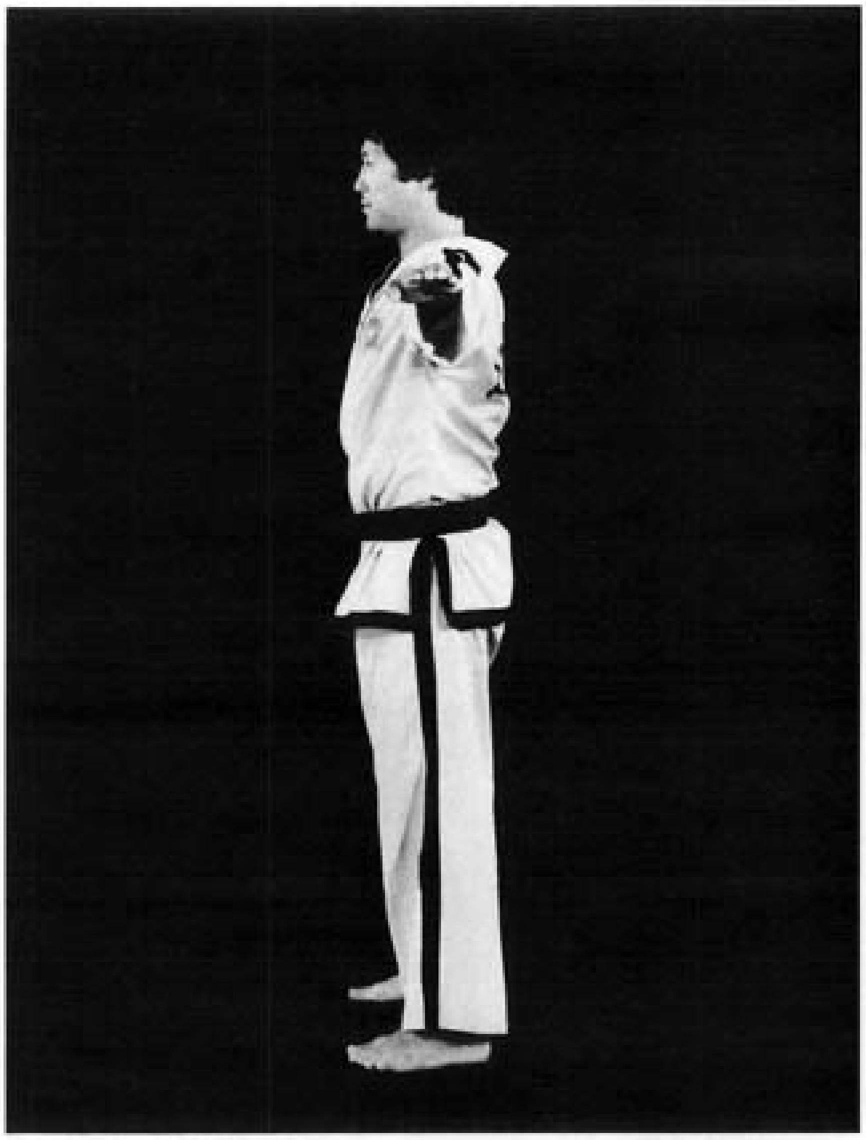




Application



9. Move the right foot to C, turning clockwise to form a parallel stance toward A while executing a horizontal strike with a twin knife-hand.



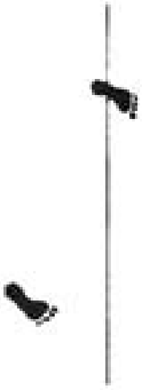


Parallel stance toward A with a twin knife-hand horizontal strike.

Application



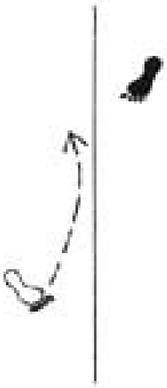
Previous Posture





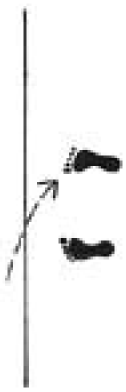
Top View

Front View





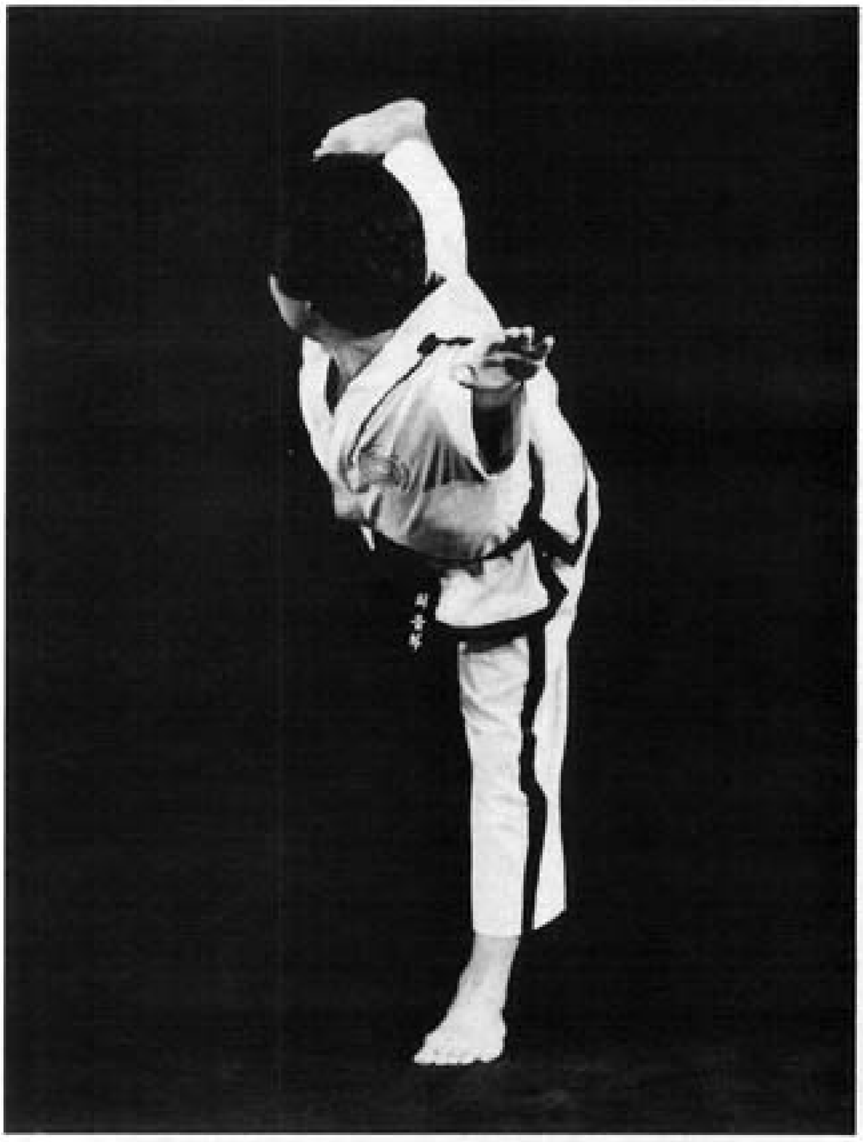








10. Execute a middle side piercing kick to C with the right foot, keeping the position of the hands as they were in 9.





Middle side piercing kick to C with the right foot.

Previous Posture





Application



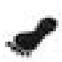
Front View





Front View



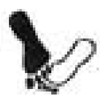






11. Execute a middle turning kick to D with the right foot. Perform 10 and 11 in a consecutive kick.





Middle side piercing kick to D
with the right foot.

Application



Previous Posture



Front View









12. **Lower the right foot to D in a jumping motion to form a right X-stance toward BD while executing a high side strike to D with the right back fist and bringing the left finger belly to the right side fist.**



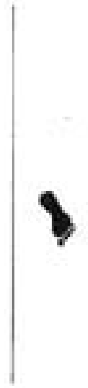


Reght X-stance toward BD with a right back fist high side strike to D.

Application

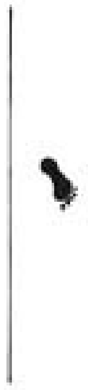


Previous Posture





Top View







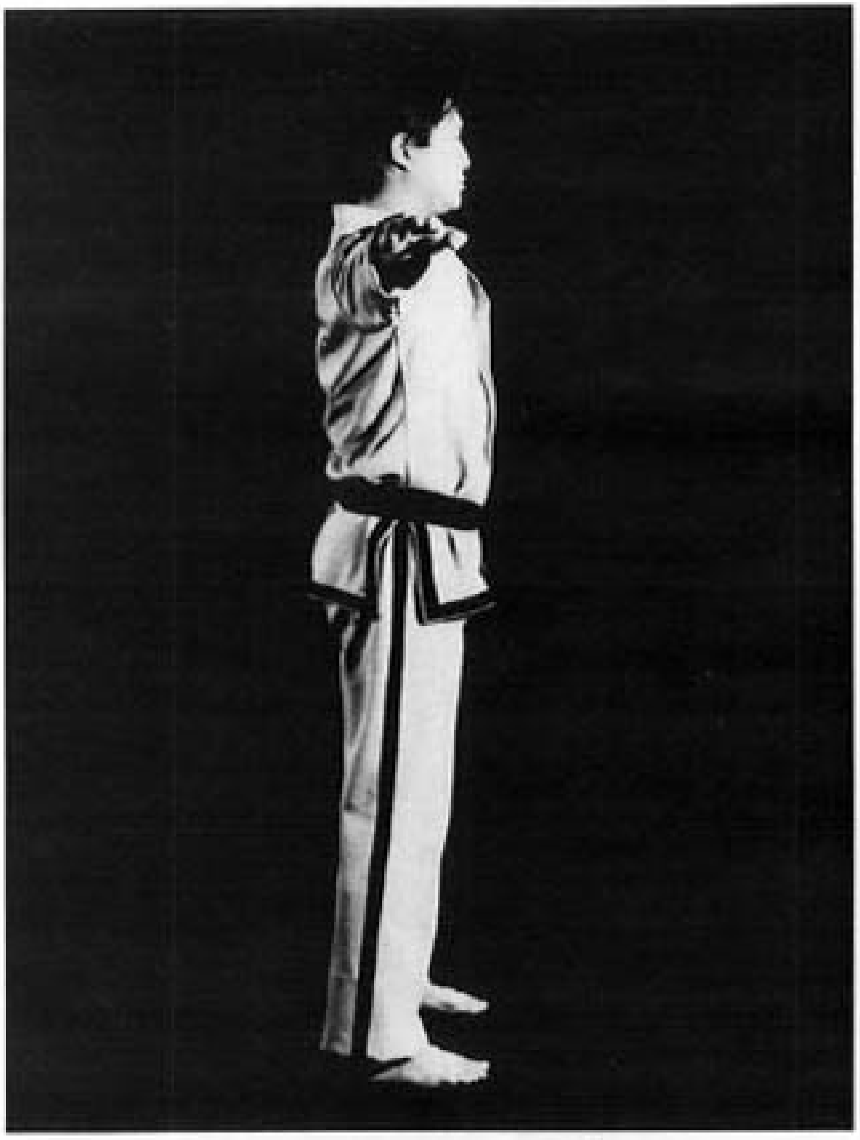
Other View







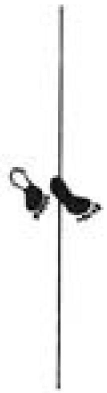
13. Move the left foot to C, forming a parallel stance toward B while executing a horizontal strike with a twin knife-hand.



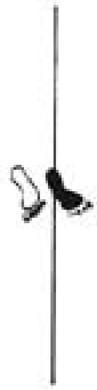


Parallel stance toward B with a twin knife-hand horizontal strike.

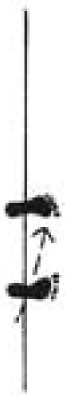
Previous Posture















Back View

14. Execute a middle side piercing kick to C with the left foot, keeping the position of the hands as they were in 13.





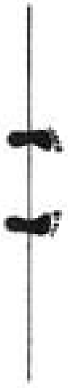
Middle side piercing kick to C with the left foot.

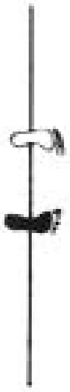
Application



Previous Posture



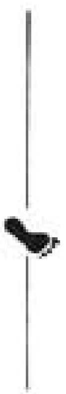








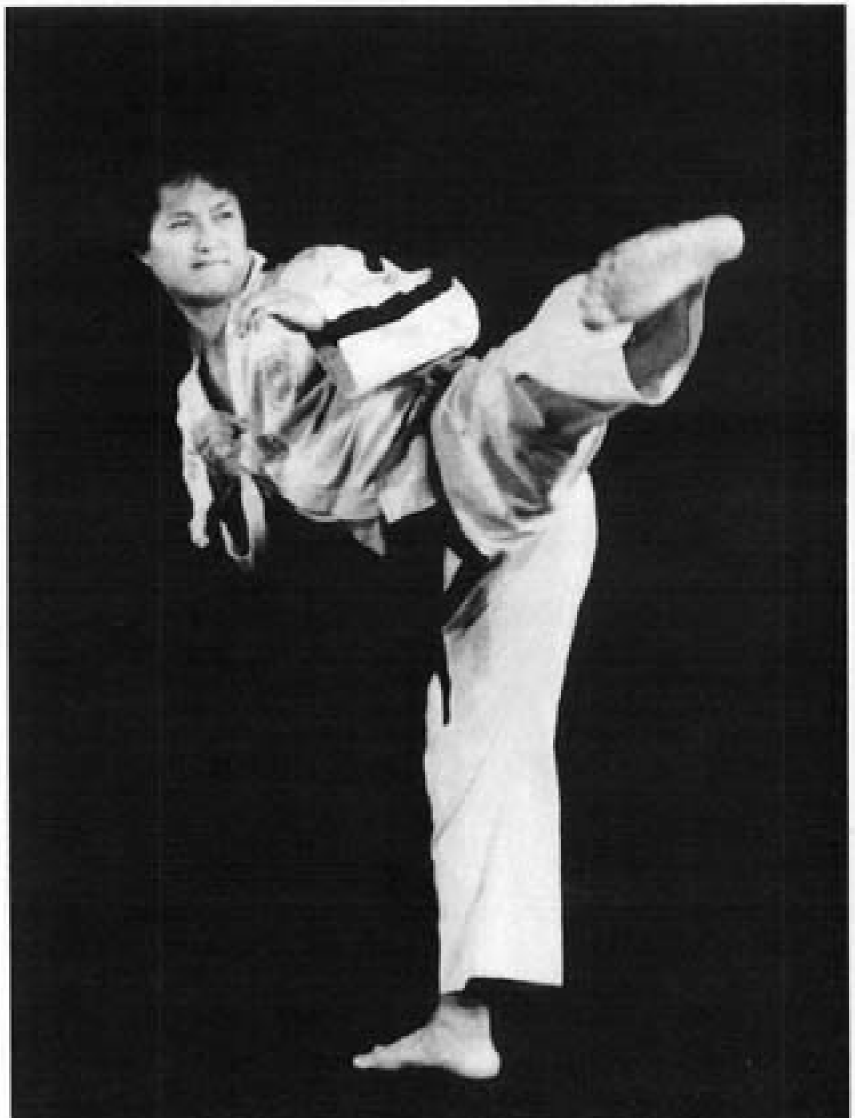
Other View







15. Execute a middle turning kick to D with the left foot. Perform 14 and 15 in a consecutive kick.





Middle turning kick to D with the left foot.

Application



Previous Posture







Side View



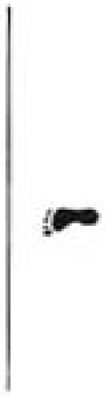
16. Lower the left foot to D in a jumping motion, forming a left X-stance toward AD while executing a high side strike to D with the left back fist and bringing the right finger belly to the left side fist.





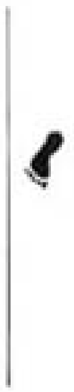
Left X-stance toward AD with a left back fist high side strike to D.

Previous Posture



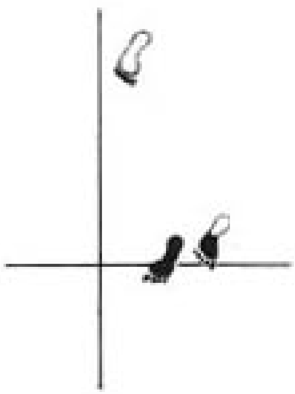


Side View





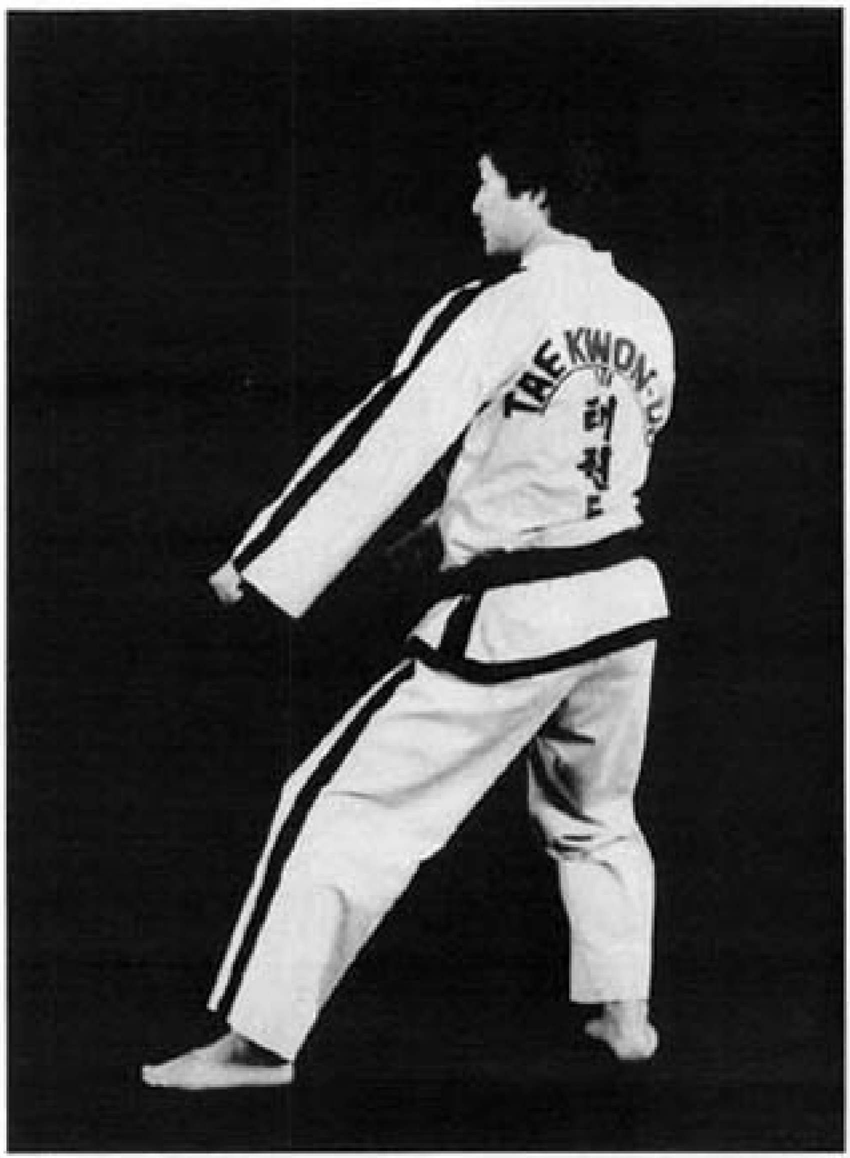




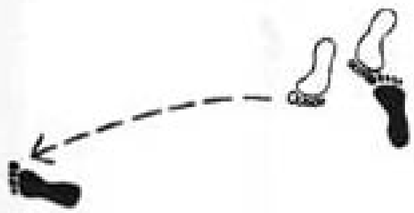




17. Move the left foot to A, forming a right L-stance toward A while executing a low punch to A with a left double fist.



Right L-stance low punch with a left double fist toward A.



Front View



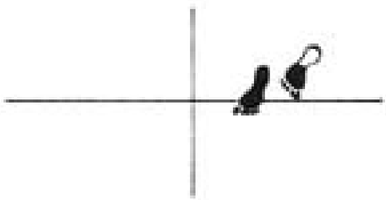


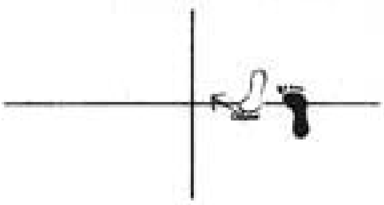
Previous Posture





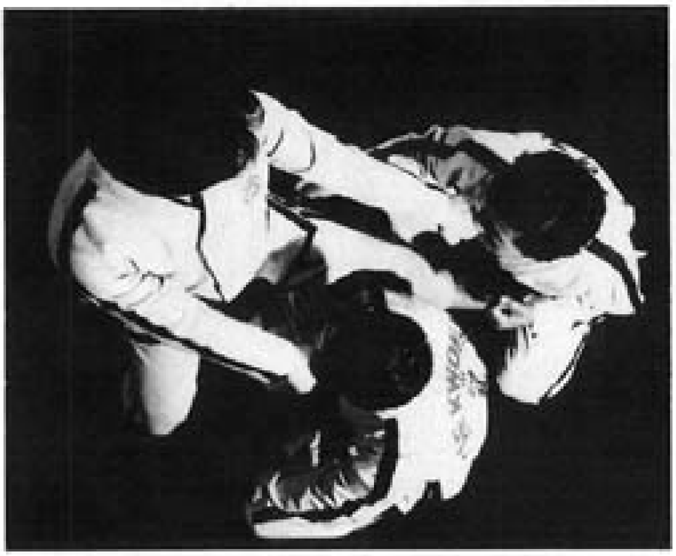








Application



18. Bring the right palm on the left forefist and then twist them counter-clockwise until the left back fist faces downward while forming a left walking stance toward A, slipping the left foot.
Perform in a releasing motion.



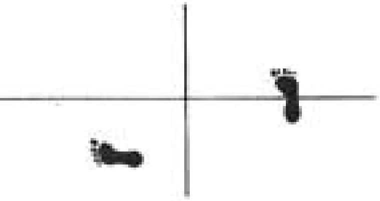
Previous Posture



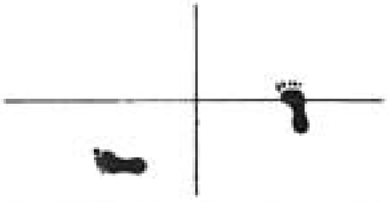
Left walking stance releasing motion toward A.

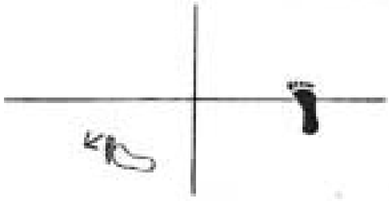


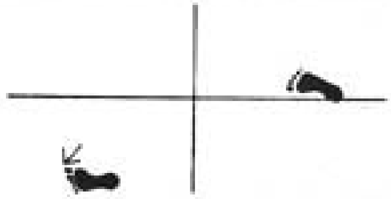
Application















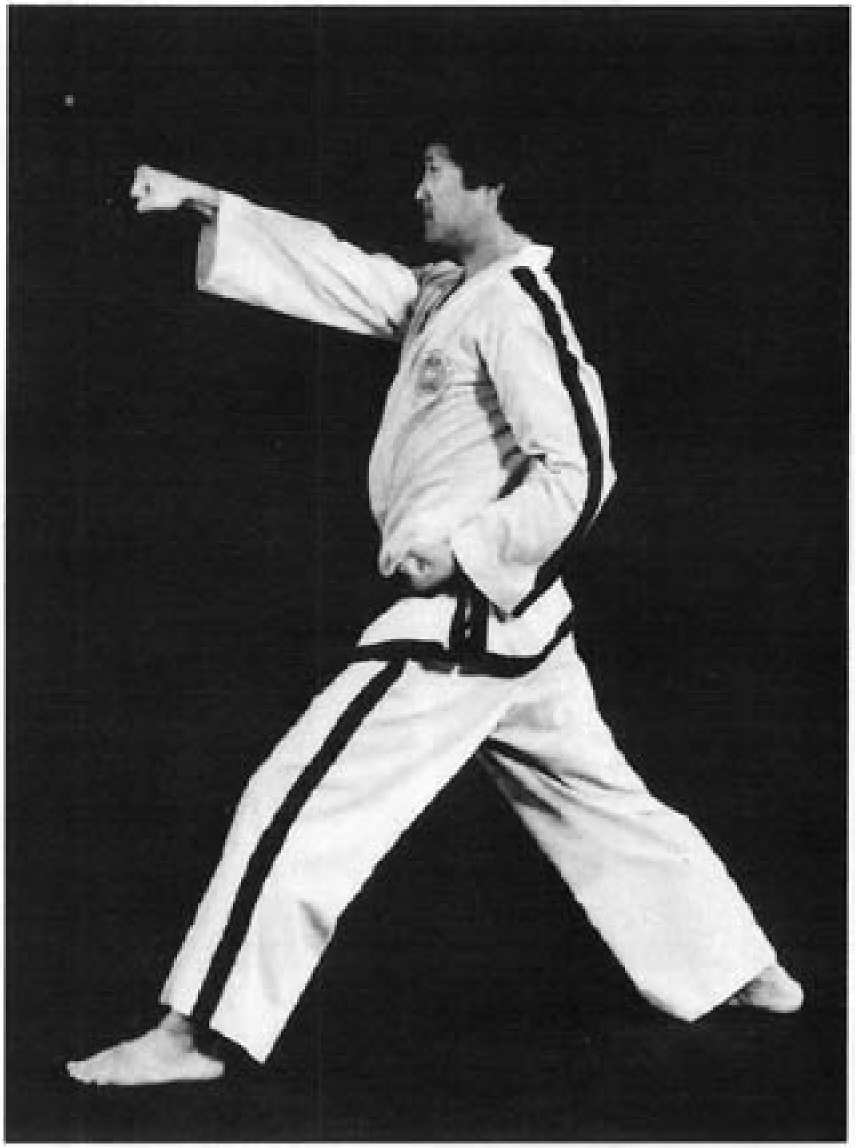






Front View

19. Execute a high punch to A with the right fist while maintaining a left walking stance toward A.





Left walking stance high punch with the right fist toward A.

Application



Front View



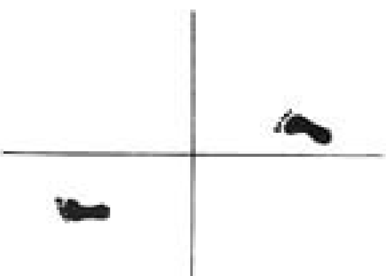
Previous Posture

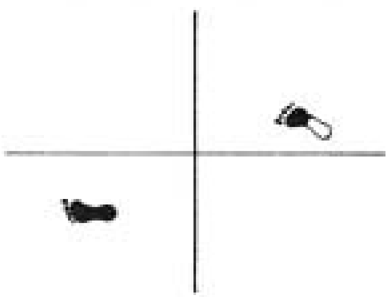


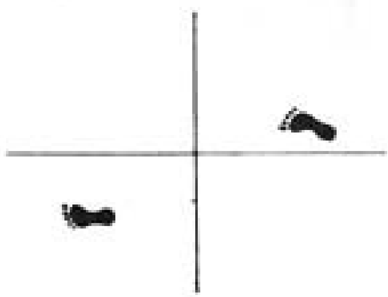
Keep the right heel slightly off the ground.











20. Move the left foot on line AB to form a left L-stance toward B while executing a low punch to B with a right double fist.

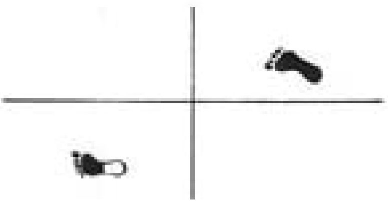




Left-L-stance low punch with a right double fist toward B.



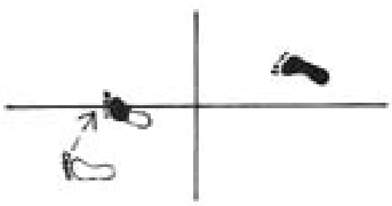
Previous Posture



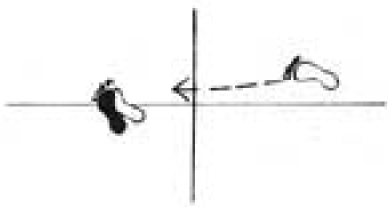


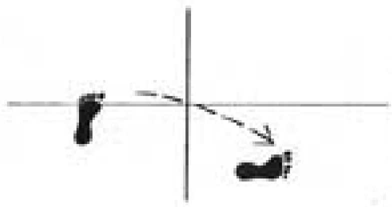






Keep the left heel slightly off the ground.





21. Bring the left palm on the right forefist, and then twist them clockwise until the right back fist faces downward while forming a right walking stance toward B, slipping the right foot. Perform in a releasing motion.

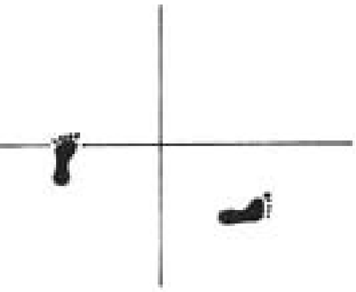


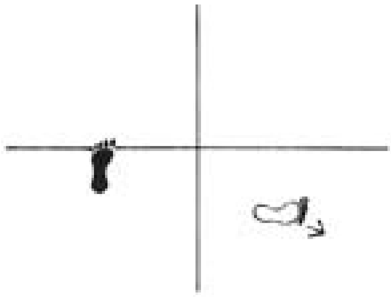


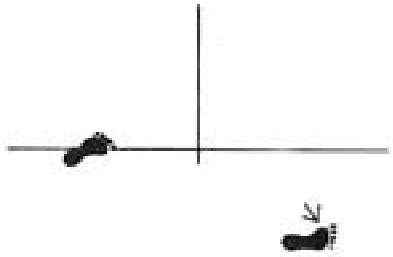
Right walking stance releasing motion toward B.



revious Posture





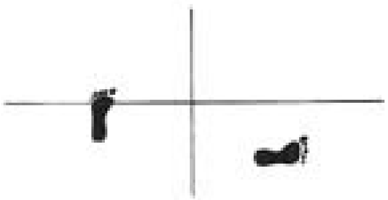








Side View



Front View





Application

22. Execute a high punch to B with the left fist while maintaining a right walking stance toward B.





Right walking stance high punch
with the left fist toward B.

Application



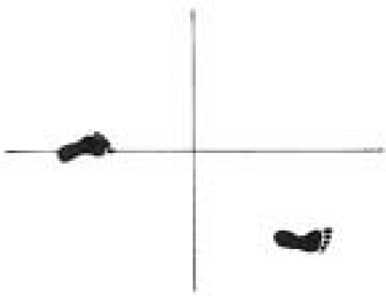
Previous Posture

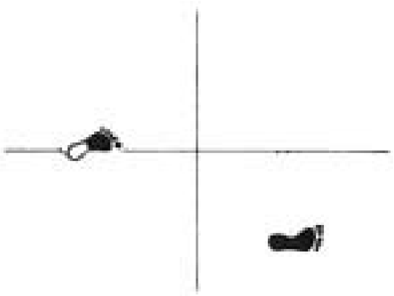


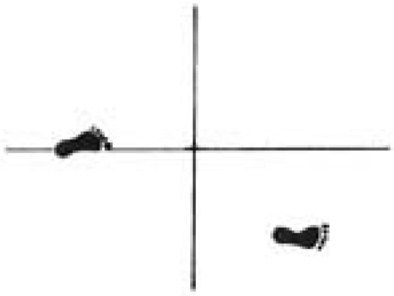
Keep the left heel slightly off the ground.







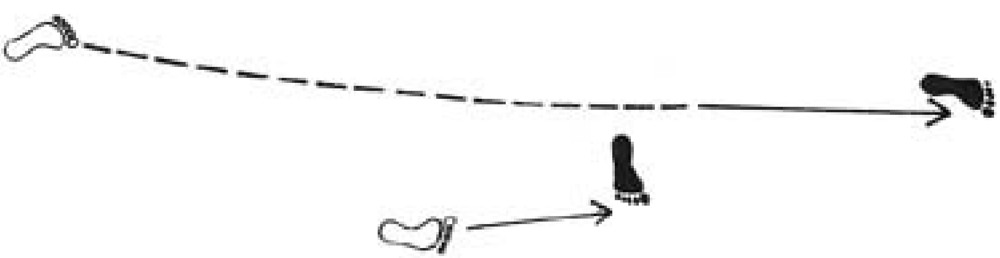




23. Slide to B to form a right L-stance to ward B while executing an upset punch to B with the right middle knuckle fist and bringing the left side fist in front of the right shoulder.



Right L-stance middle punch with the right middle knuckle fist toward B.



Front View



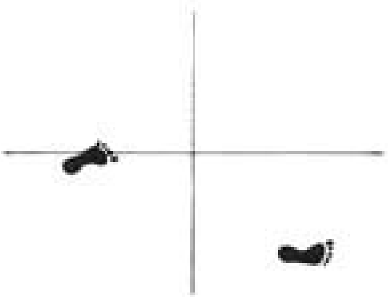


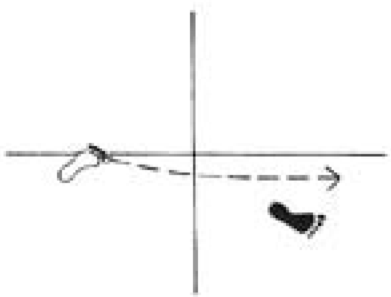
Previous Posture

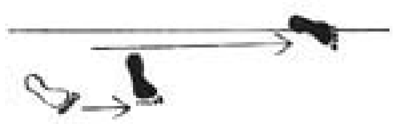












24. Execute a front strike to B with the right back fist while forming a left walking stance toward B, slipping the right foot.





Left walking stance front strike with the right back fist toward B.

Front View



Previous Posture



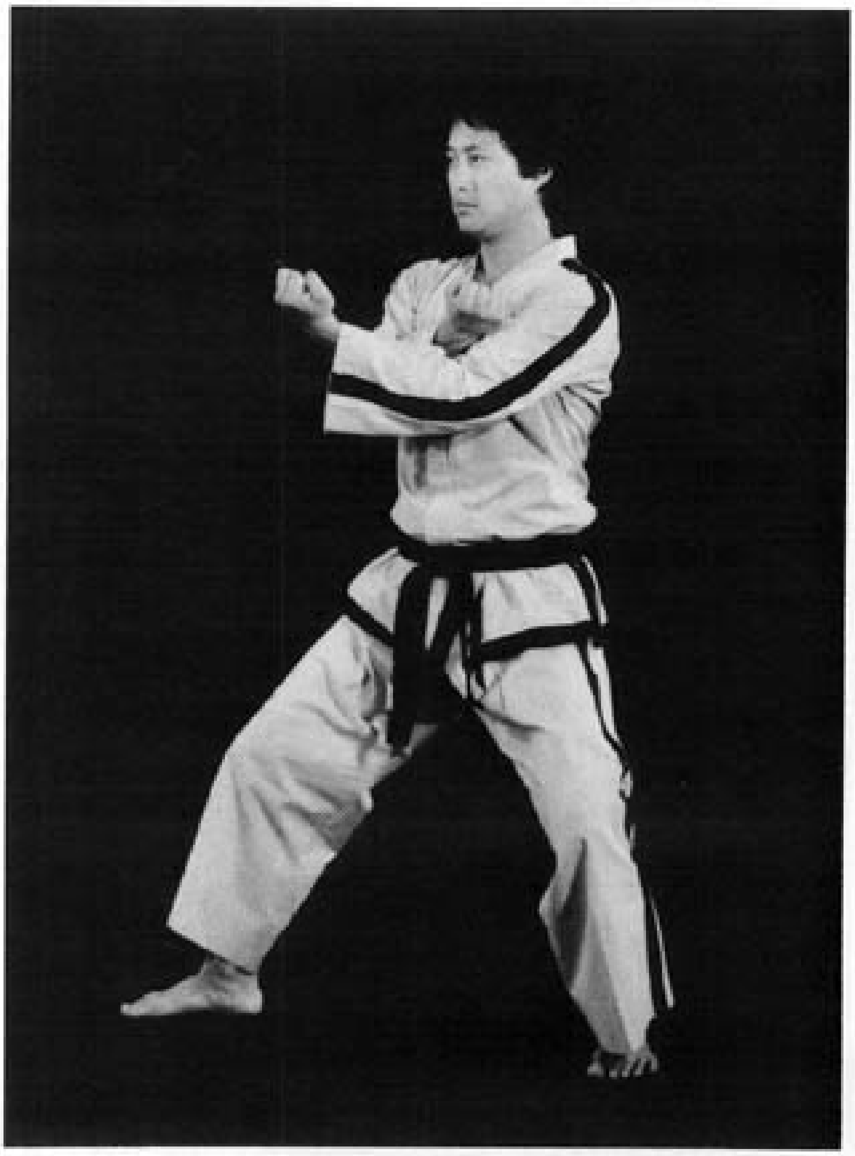




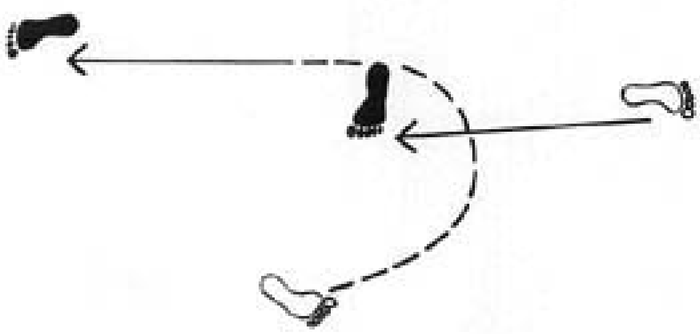
Application



25. Slide to A, turning clockwise to form a left L-stance toward A while executing an upset punch to A with the left middle knuckle fist and bringing the right side fist in front of the left shoulder.



Left L-stance middle punch with a left middle knuckle fist toward A.





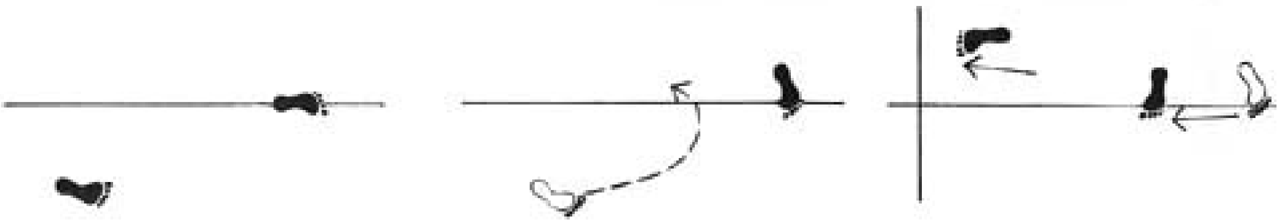
Application

Previous Posture





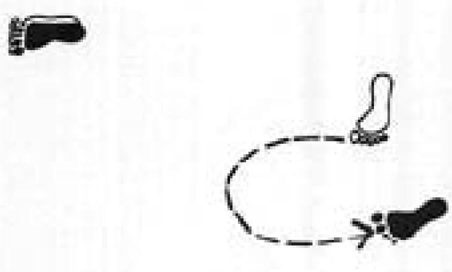




26. Execute a front strike to A, with the left back fist while forming a right walking stance toward A, slipping the left foot.



Right walking stance front strike with a left back fist toward A.



Top View



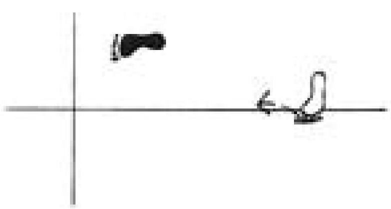
Previous Posture

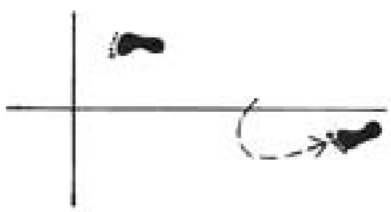




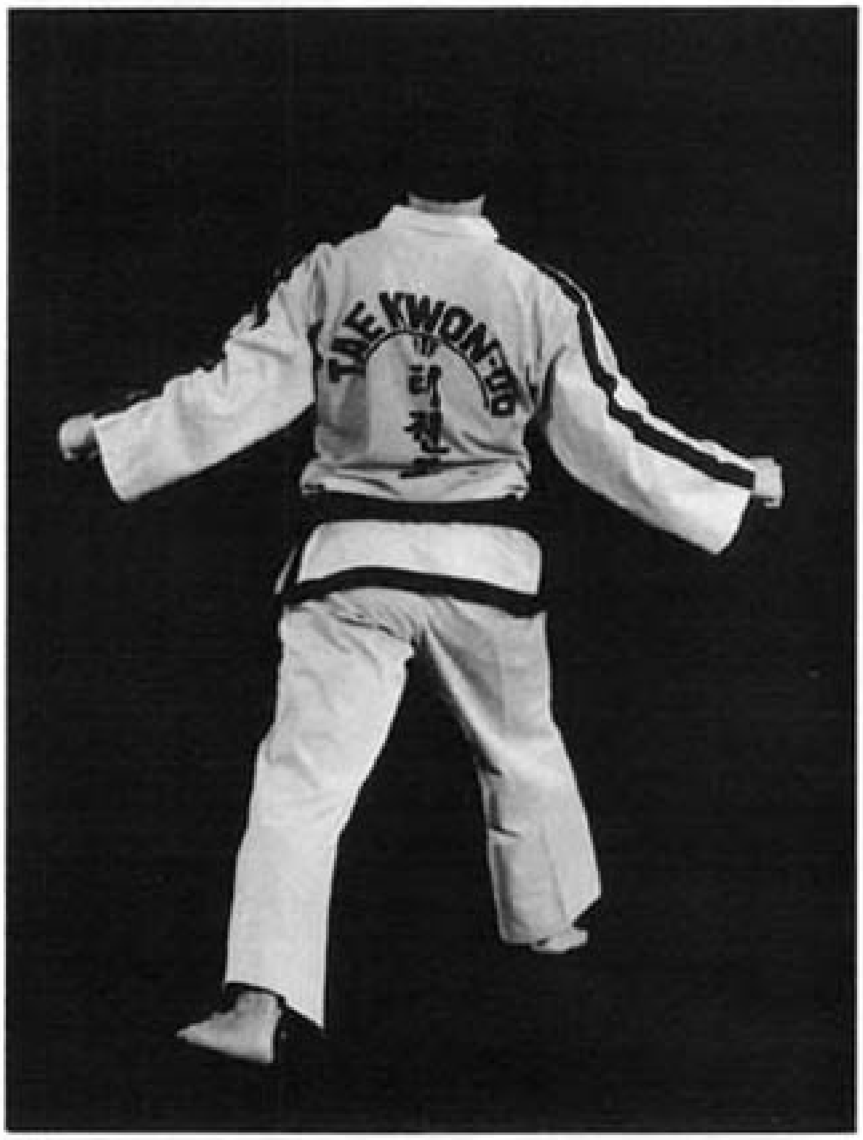




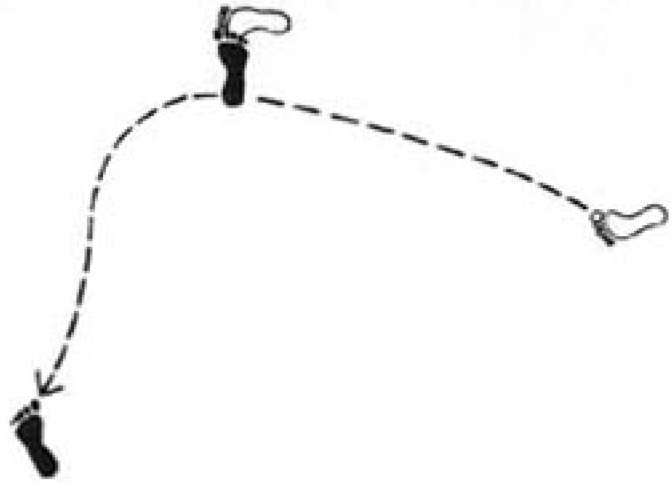




27. Move the left foot to D, forming a right walking ready stance toward C.



Right walking ready stance toward C.



Other View



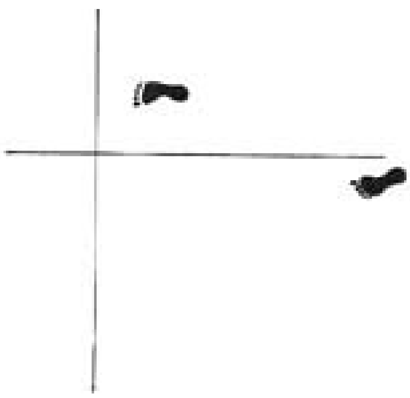


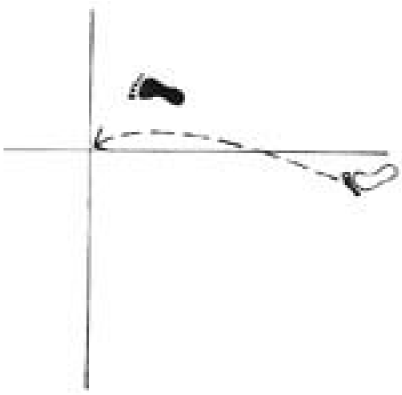
Previous Posture













28. Jump to execute a flying front snap kick to C with the right foot.





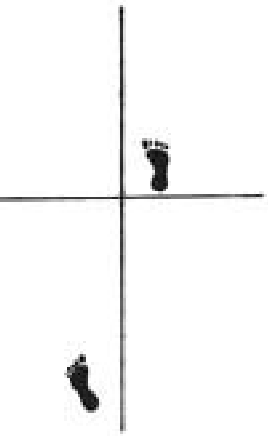
Flying front snap kick to C with the right foot.

Application



Previous Posture

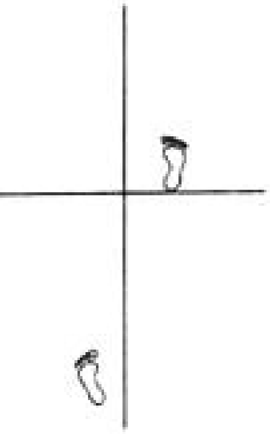




Side View

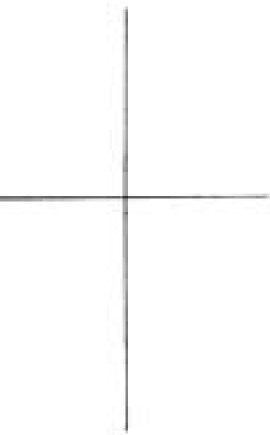




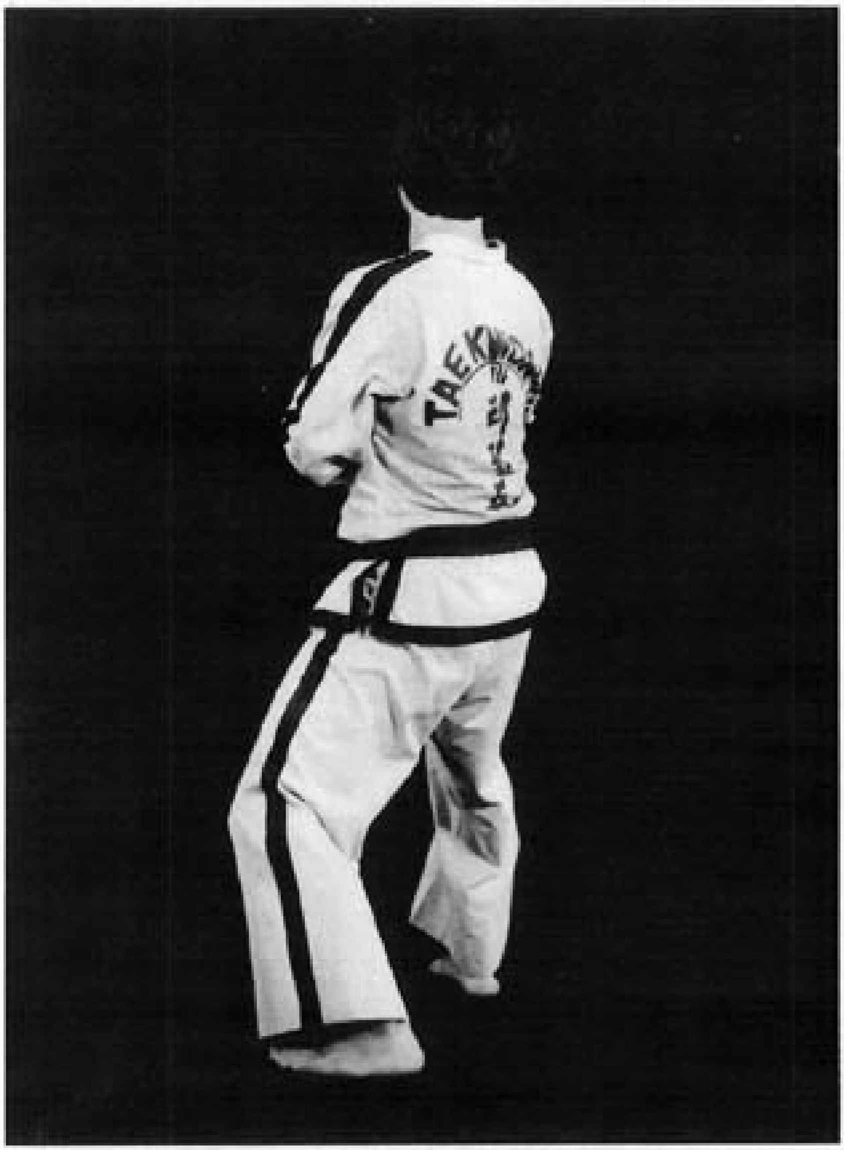








29. Land to C, forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.





Left L-stance knife-hand middle guarding block toward C.

Application

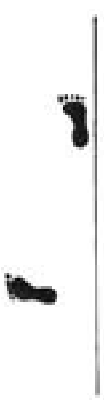


Top View

Previous Posture





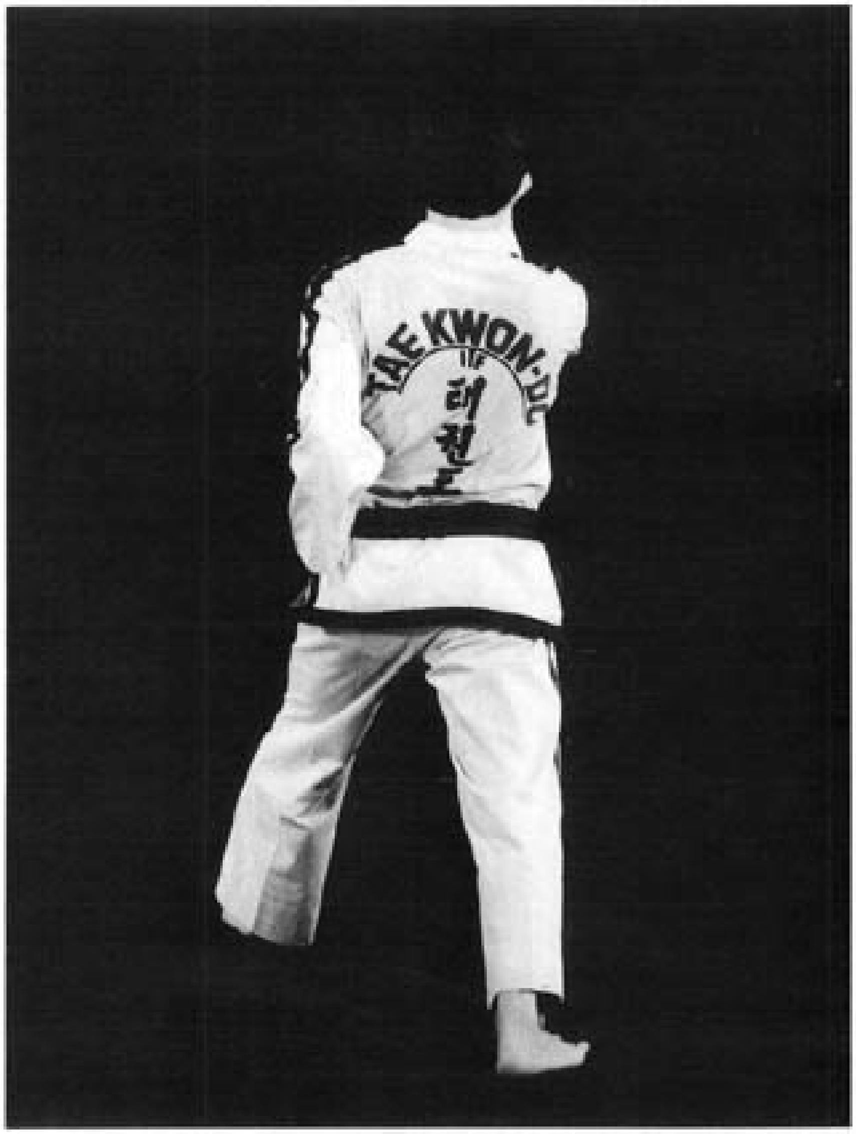


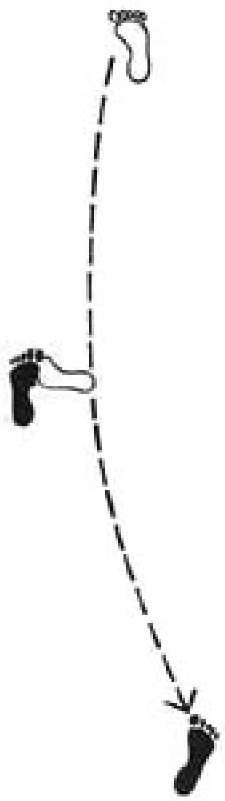


Side View



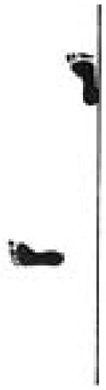
30. **Move the right foot to D to form a left walking stance toward C while executing a high front block with the right forearm.**





Left walking stance toward C with a right forearm high front block.

Previous Posture

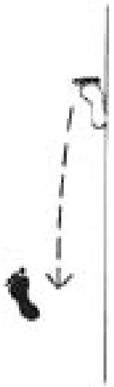




Application



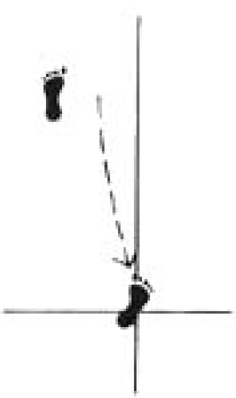
Side View







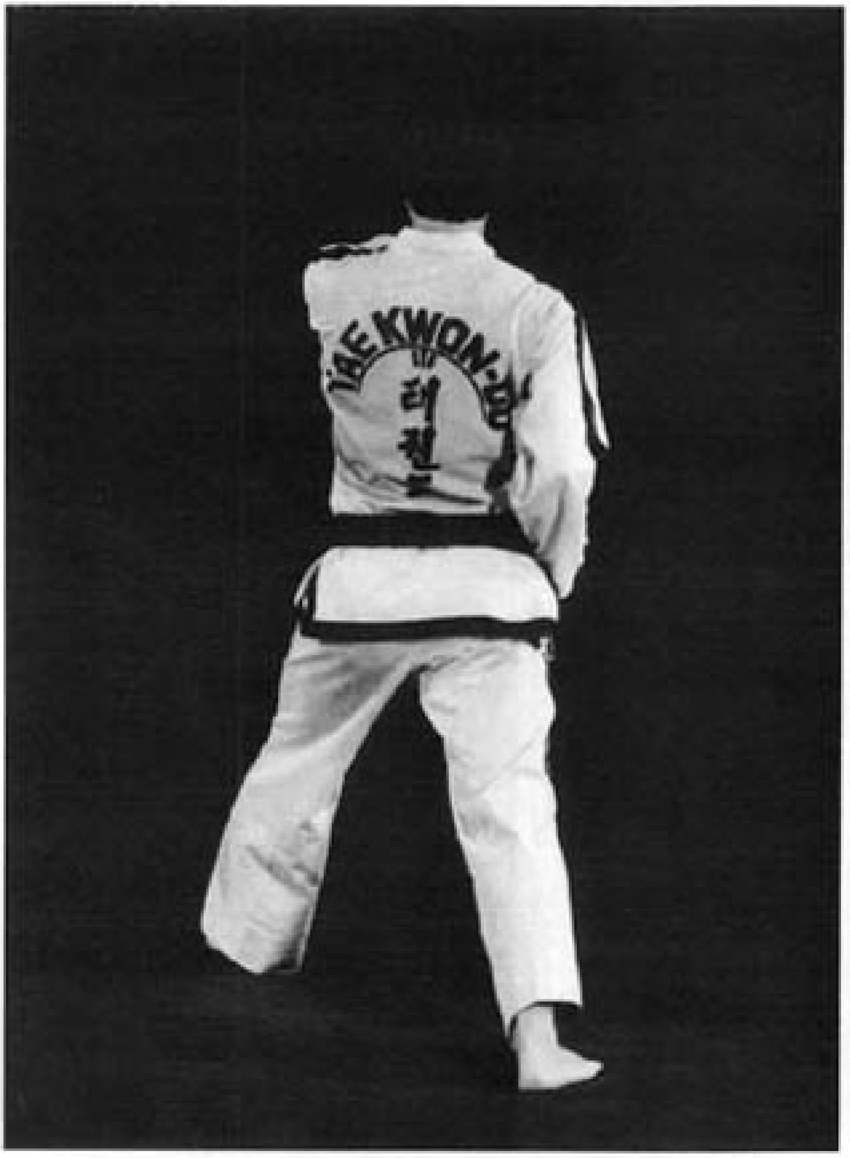
Other View







31. Execute a middle punch to C with the left fist while shifting to C, maintaining a left walking stance toward DC.

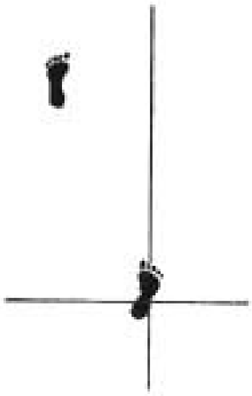


Left walking stance middle punch with the left fist toward C.



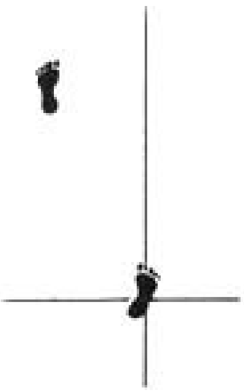


Previous Posture



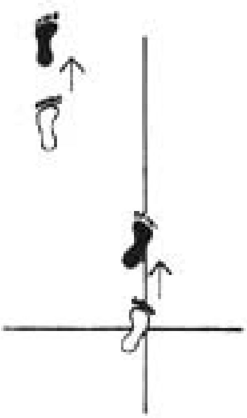


Side View









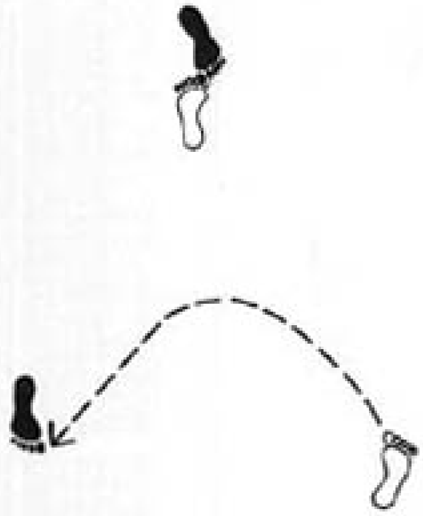




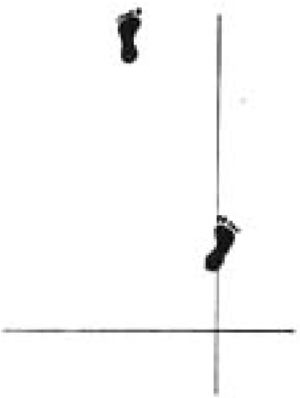
32. Turn clockwise, pivoting with the left foot to form a right walking stance toward D while executing a high front block with the left forearm.



Right walking stance high front block with a left forearm toward D

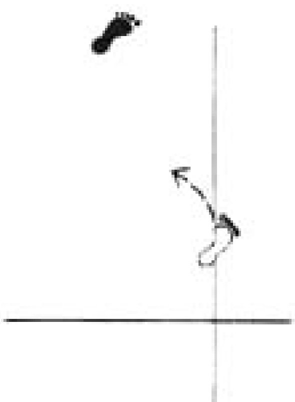


Previous Posture



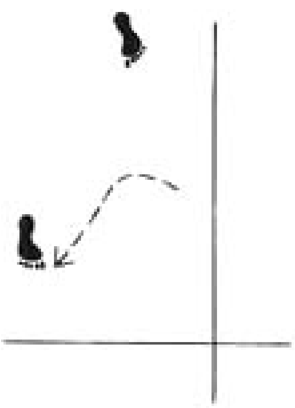


Side View







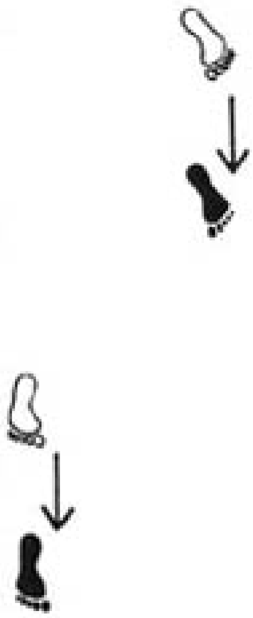






33. Execute a middle punch to D with the right fist while shifting to D, maintaining a right walking stance toward D.





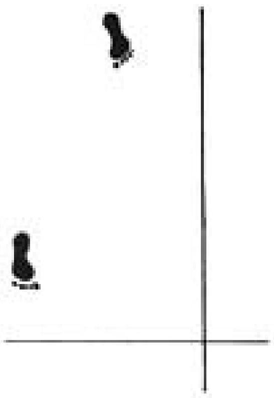
Right walking stance middle punch with the right fist toward D.

Previous Posture



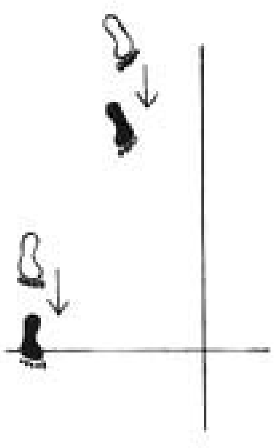


Side View





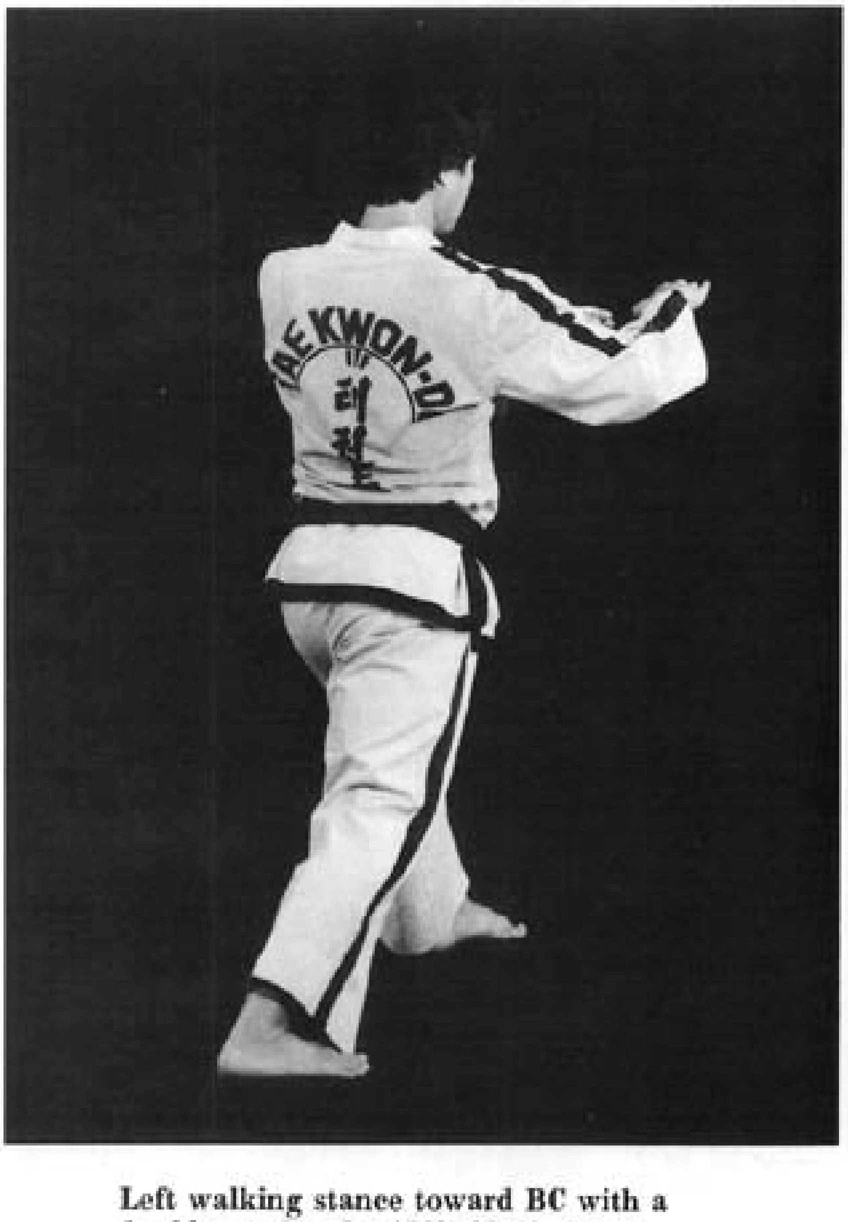


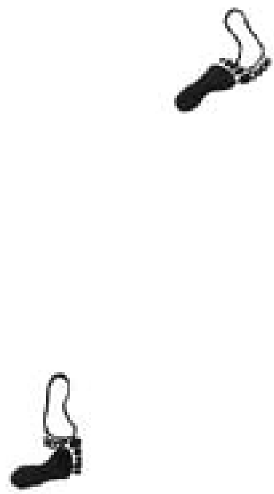






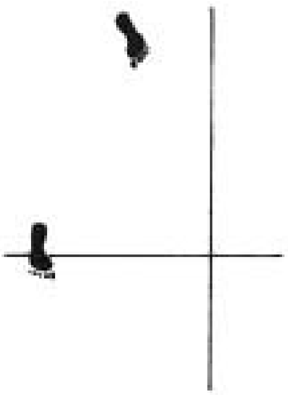
34. Execute a middle block to **BD** with a double arc-hand while forming a left walking stance toward **BC** and looking through the hands.



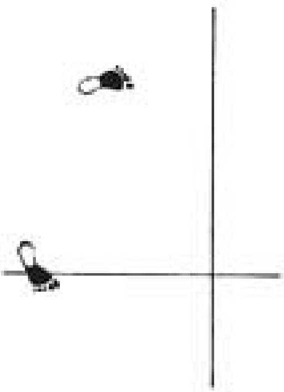


Left walking stance toward **BC** with a double arc-hand middle block to **BD**.

Previous Posture



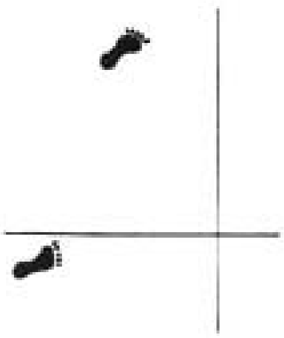






Keep both heels slightly off the ground.



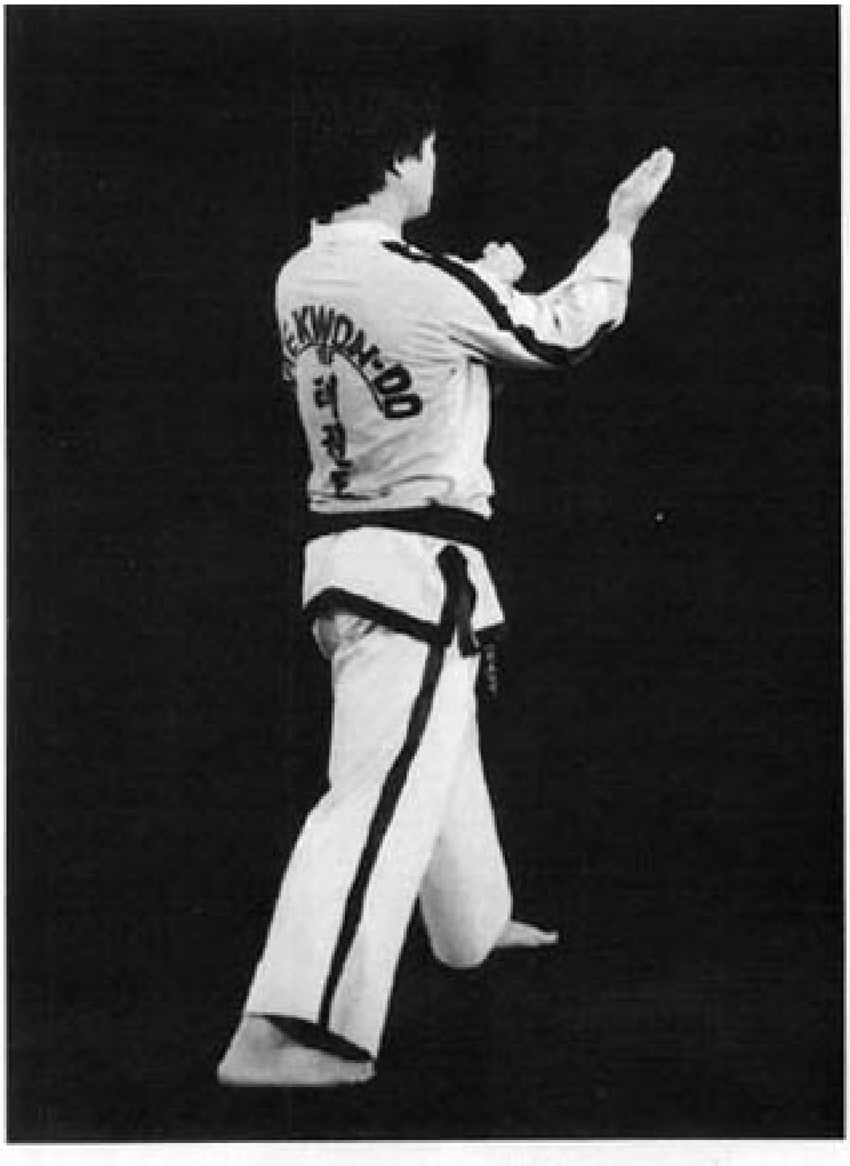






Top View

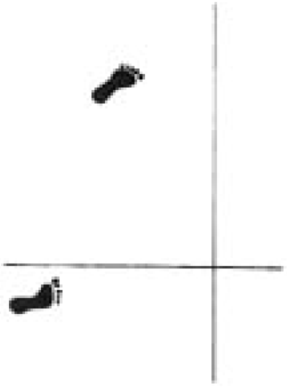
35. Execute a high inward strike to BC with the right knife-hand and bringing the left side fist in front of the right shoulder while maintaining a left walking stance toward BC.





Left walking stance high inward strike with the right knife-hand toward BC.

Previous Posture

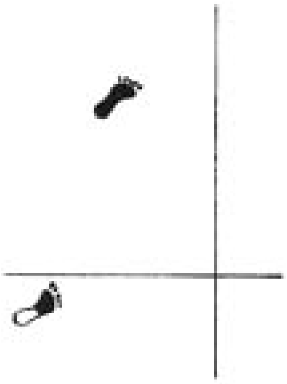




Application

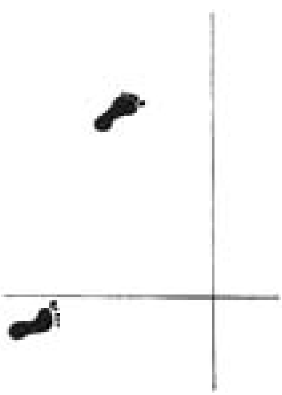


Keep the right heel slightly off the ground.













Top View

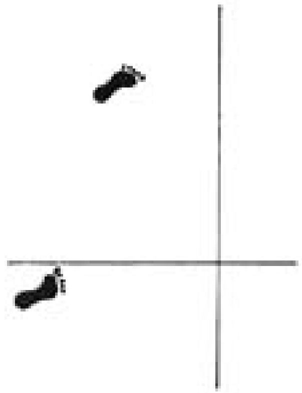
36. **Execute a circular block to BD with the left inner forearm while forming a right walking stance toward D.**





Right walking stance toward D with a left inner forearm circular block to BD.

Previous Posture





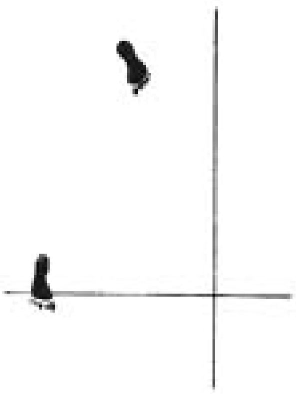
Keep both heels slightly off the ground.





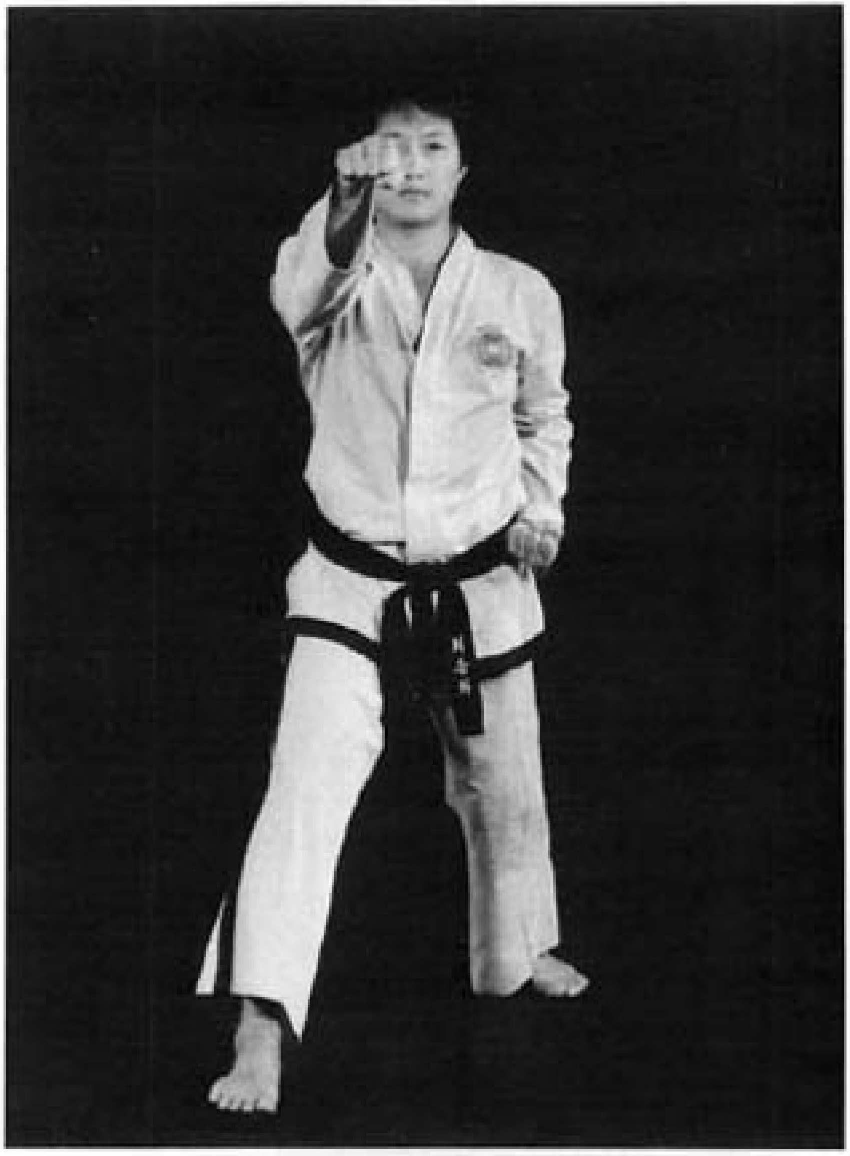


Side View





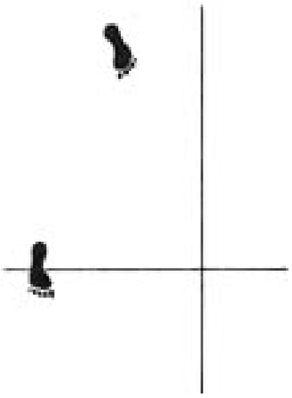
37. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.





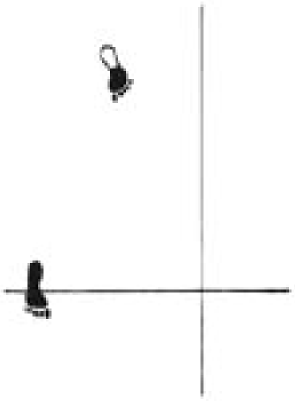
Right walking stance high punch with the right fist toward D.

Previous Posture





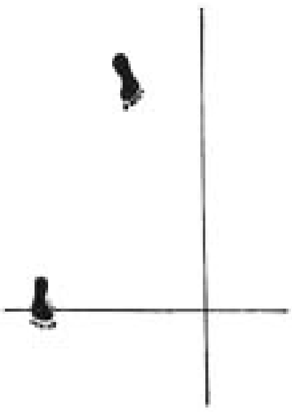
Side View





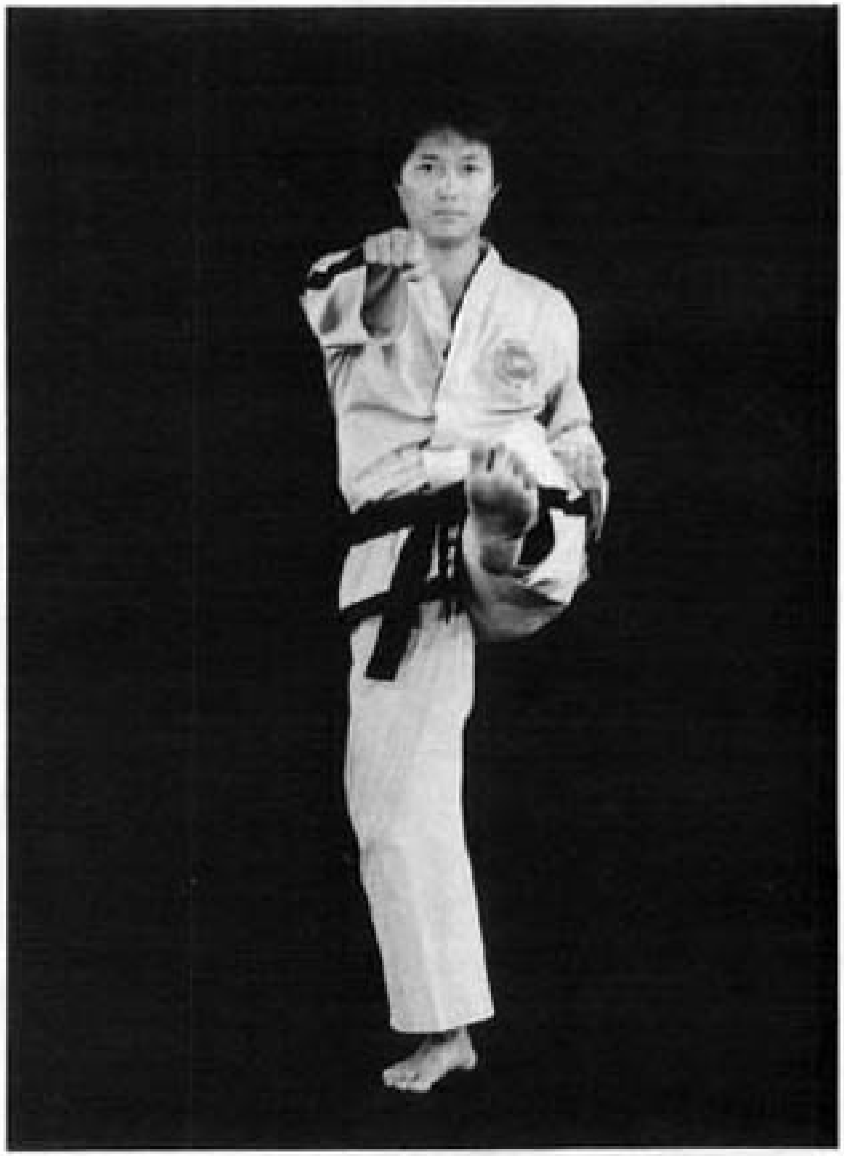


Keep the left heel slightly off the ground.





38. Execute a low front snap kick to **D** with the left foot, keeping the position of the hands as they were in 37.





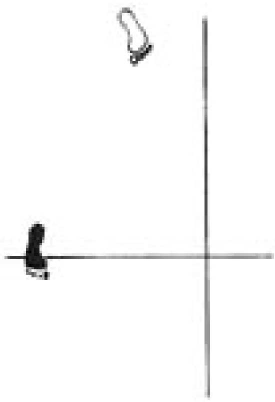
Low front snap kick to **D** with the left foot.

Previous Posture



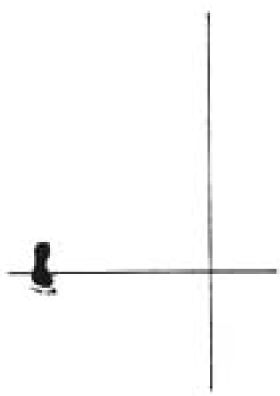


Side View











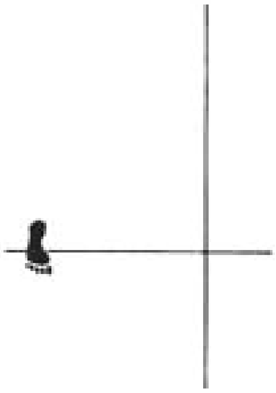


39. Lower the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.





Left walking stance middle punch with the left fist toward D.

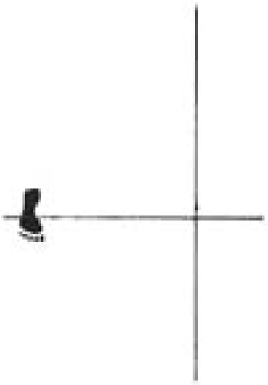


Previous Posture



Application

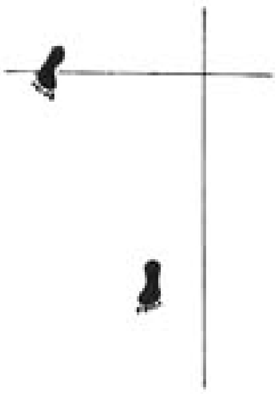






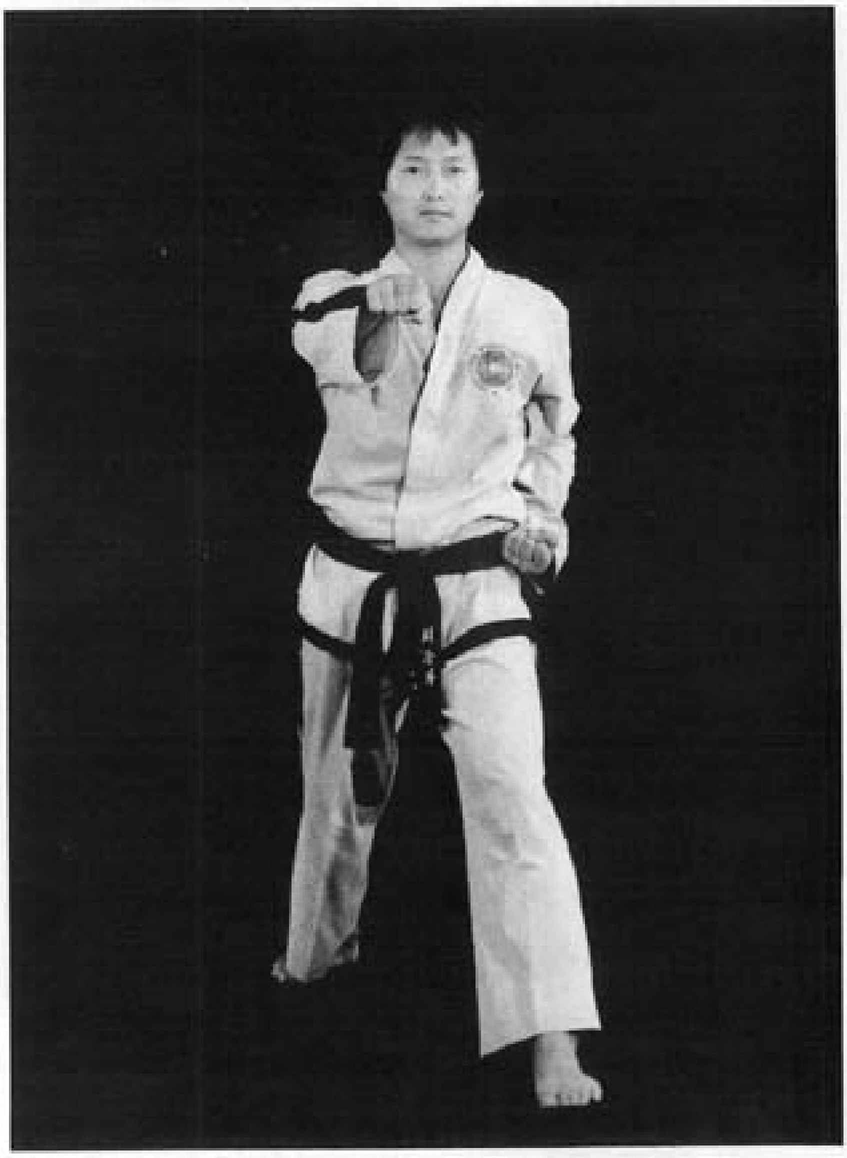


Side View



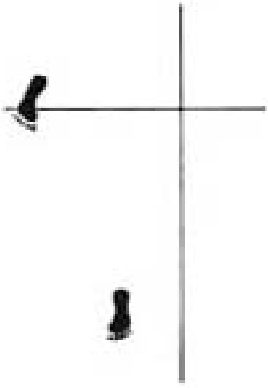


40. Execute a middle punch to **D** with the right fist while maintaining a left walking stance toward **D**.
Perform 39 and 40 in a fast motion.



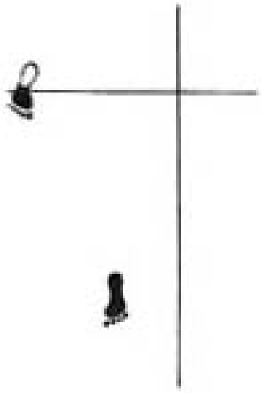


Left walking stance middle punch with the right fist toward **D**.





Previous Posture

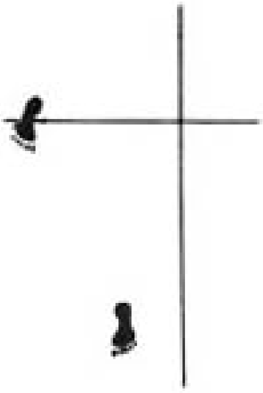




Keep the right heel slightly off the ground.

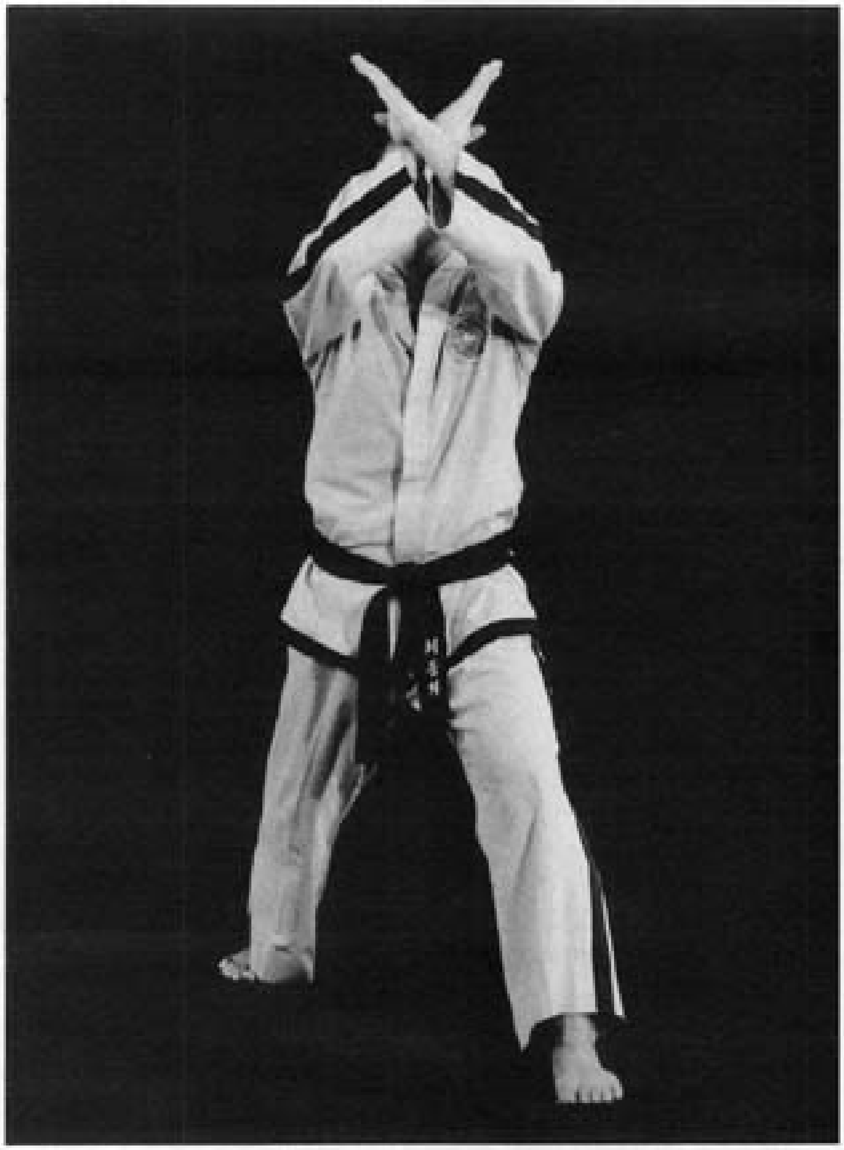


Side View





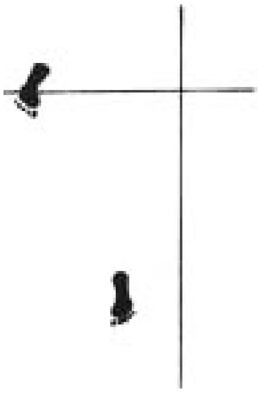
41. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward **D**.





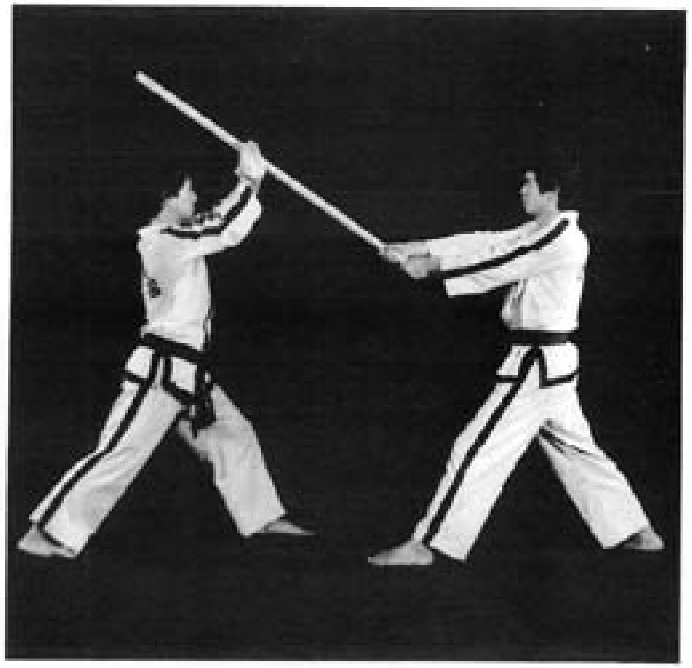
Left walking stance toward D with an X-knife-hand rising block.

Previous Posture

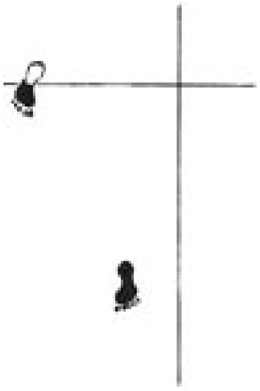




Application

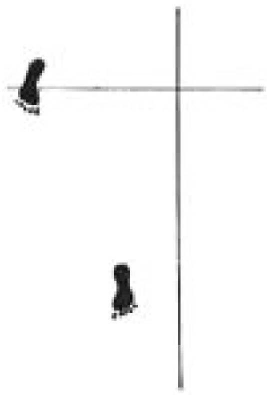


Keep the right heel slightly off the gound.







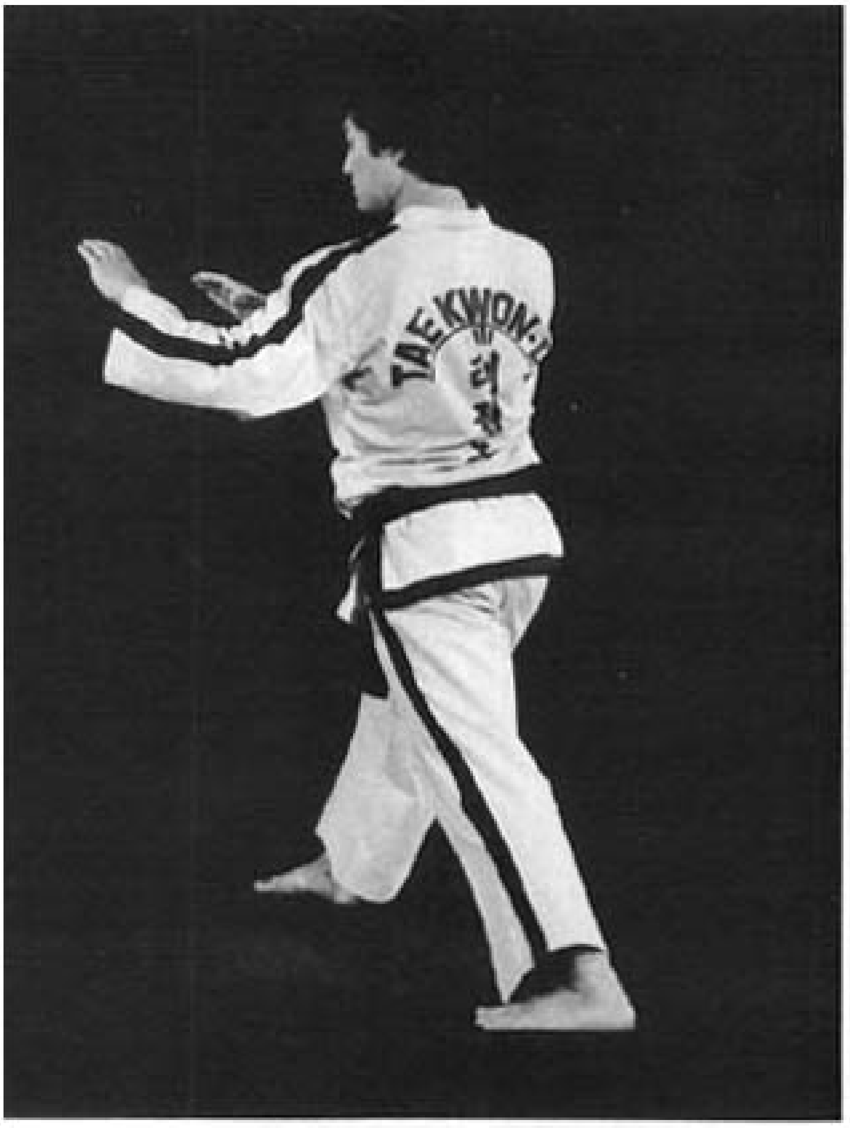


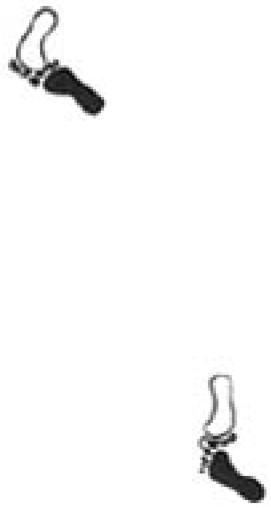




Side View

42. Execute a middle block to AD with a double arc-hand while forming a right walking stance toward AC and looking through the hands.



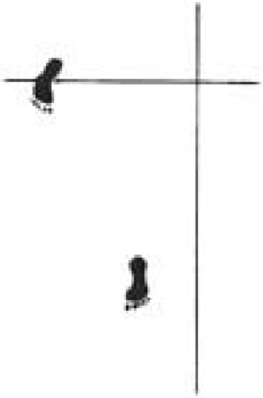


Right walking stance toward AC with a double arc-hand middle block to AD.

Application

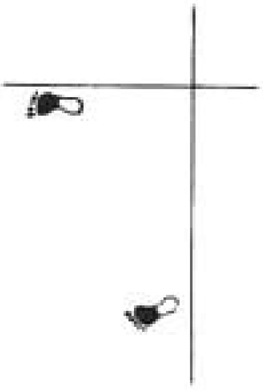


Previous Posture



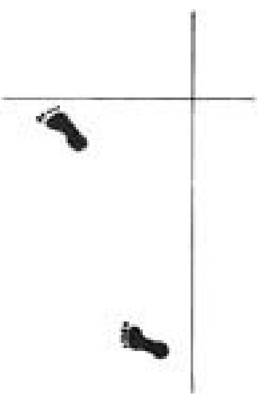


Keep both heels slightly off the ground.







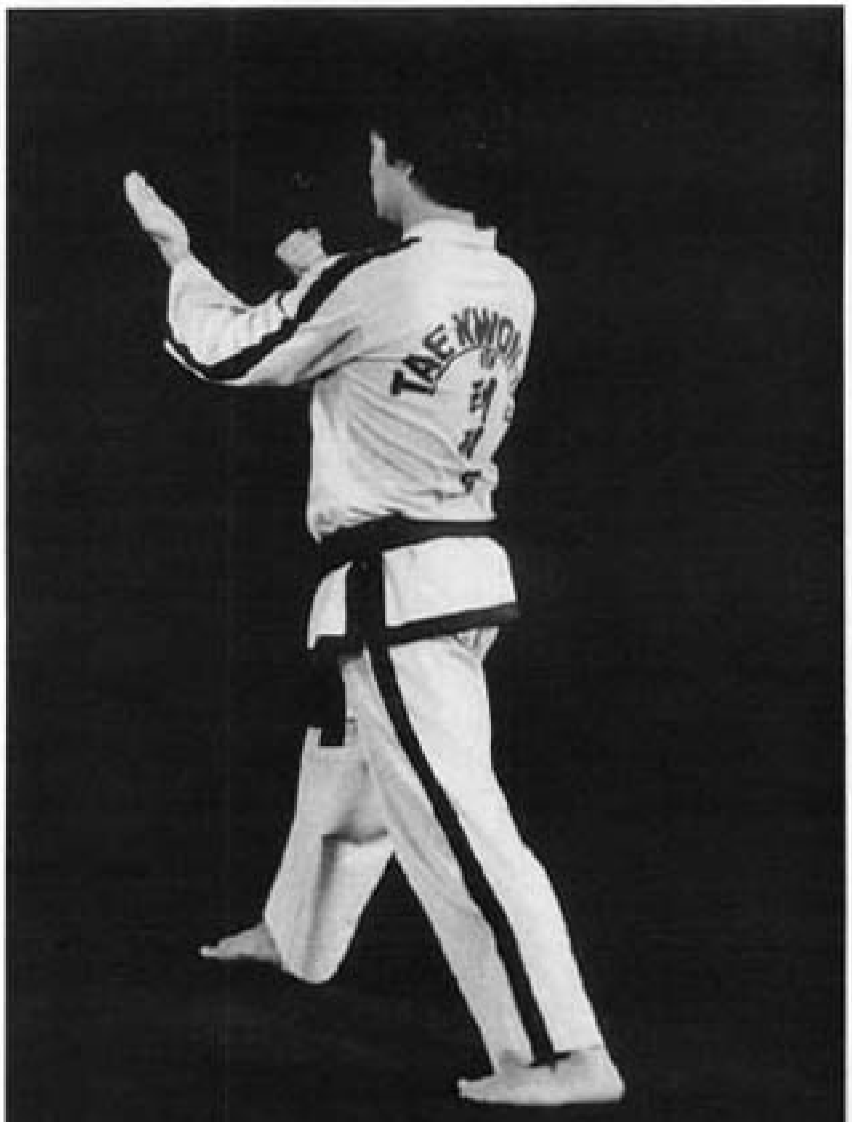






Back View

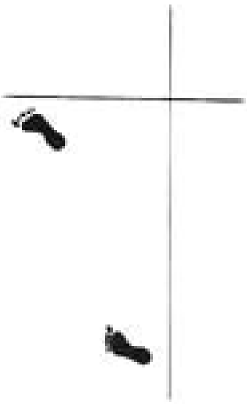
43. Execute a high inward strike to AC with the left knife-hand and bringing the right side fist in front of the left shoulder while maintaining a right walking stance toward AC.





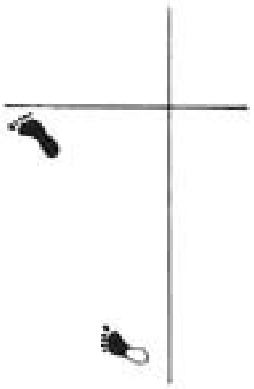
Right walking stance high inward strike with the left knife-hand toward AC.

Previous Posture



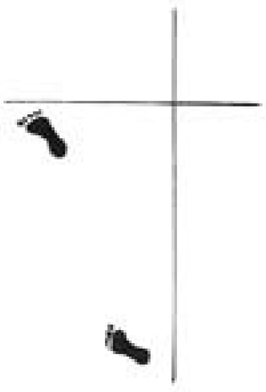


Keep the left heel slightly off the ground.











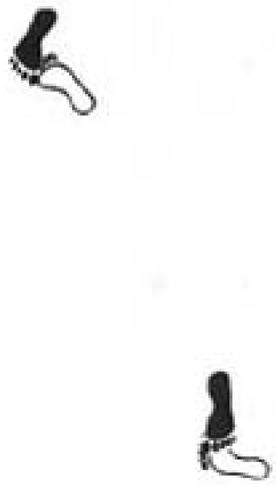


Back View

44. Execute a circular block to AD with the right inner forearm while forming a left walking stance toward D.

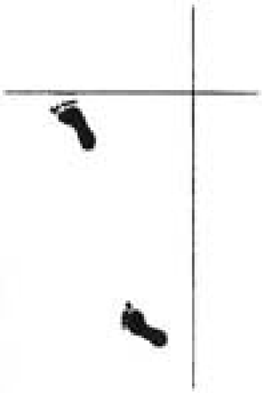


Left walking stance toward D with a right inner forearm circular block to AD.

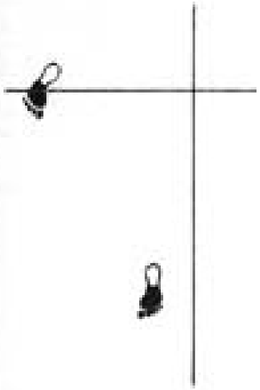




Previous Posture

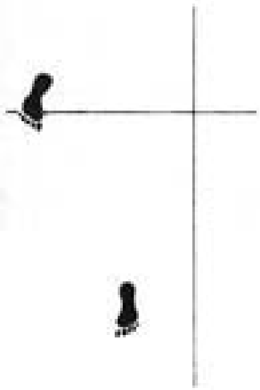






Keep both heels slightly off the ground.



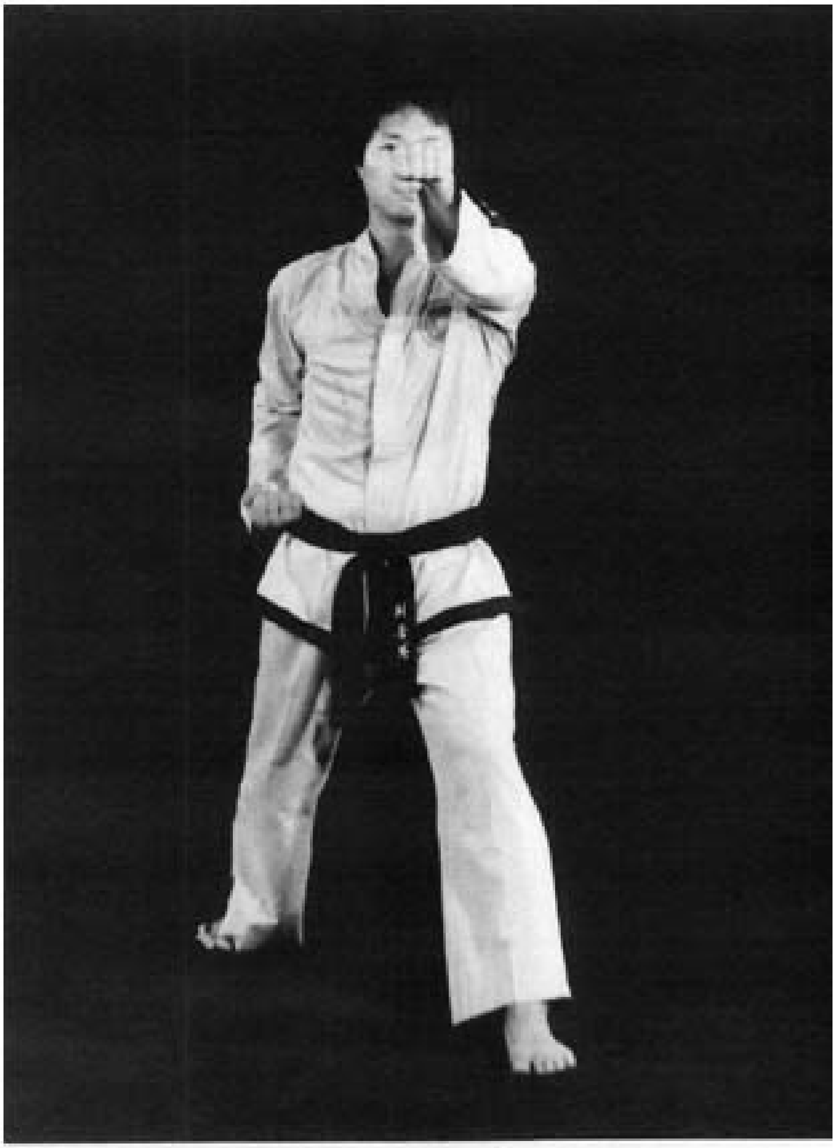


Application



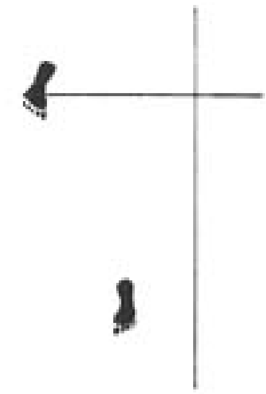
Top View

45. Execute a high punch to **D** with the left fist while maintanining a left walking stance toward **D**.





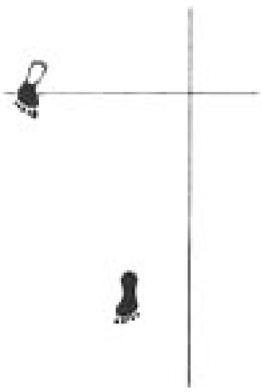
Left walking stance high punch with the left fist toward D.





Previous Posture

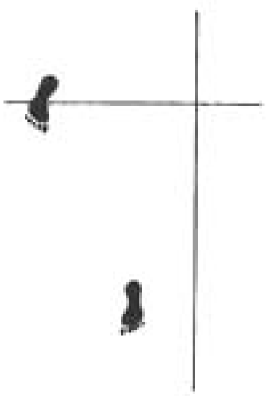
Keep the right heel slightly
of the ground.







Side View





Application



Side View

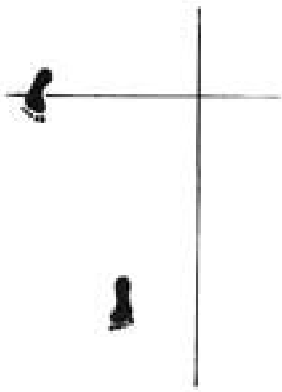
46. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 45.





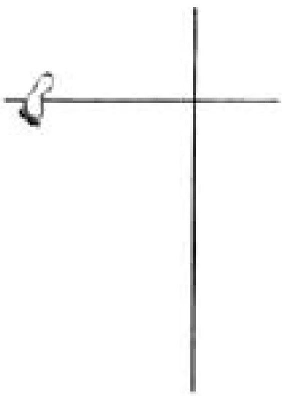
Low front snap kick to D
with the right foot.

Previous Posture



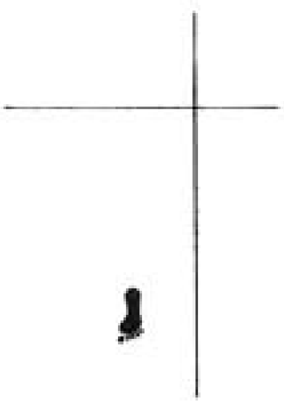


Side View





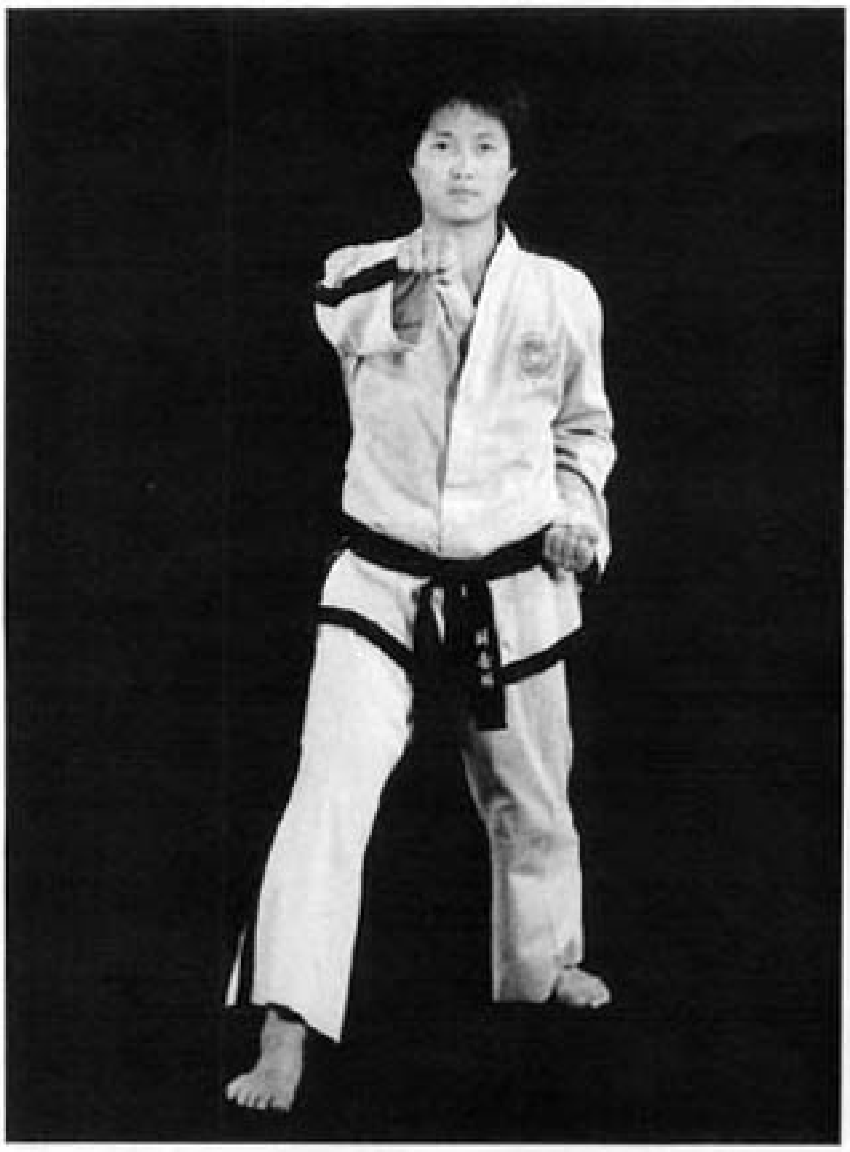








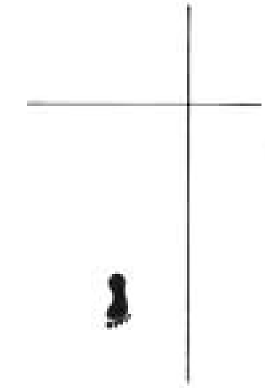
47. Lower the right foot to D to form a right walking stance toward D while executing a middle punch to D with the right fist.





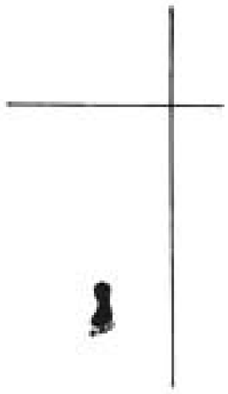
Right walking stance middle punch with the right fist toward D.

Previous Posture





Side View













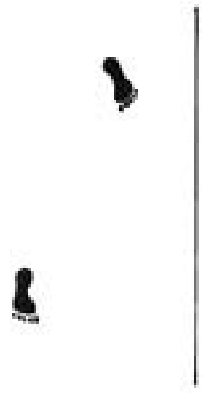
48. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
Perform 47 and 48 in a fast motion.





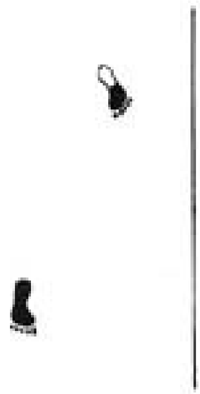
Right walking stance middle punch
with the left fist toward D.

Previous Posture



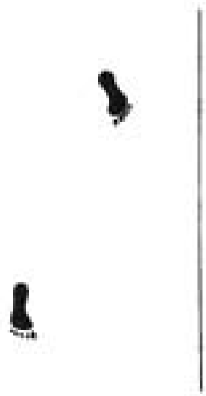


Keep the left heel slightly off the ground.







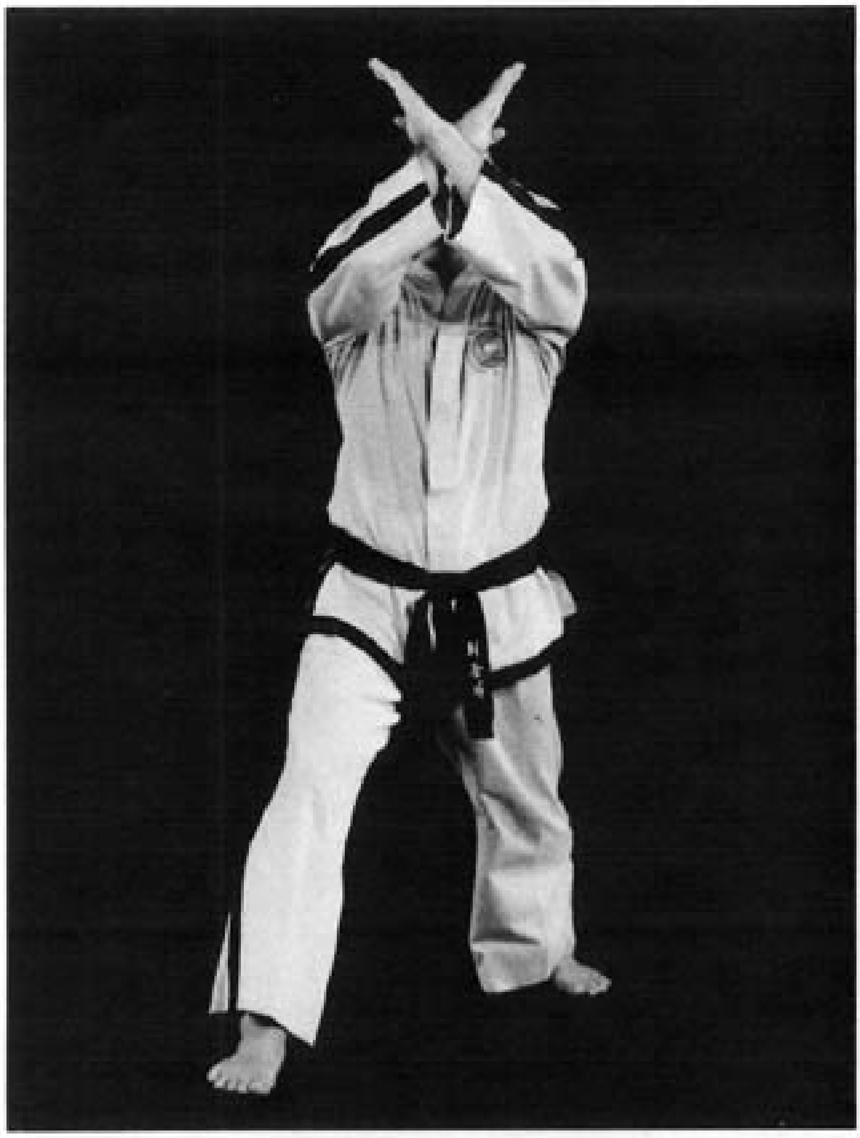






Side View

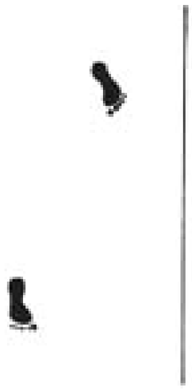
49. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward **D.**





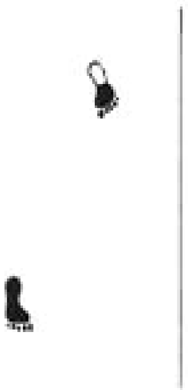
Right walking stance toward **D** with the X-knife-hand rising block.

Previous Posture





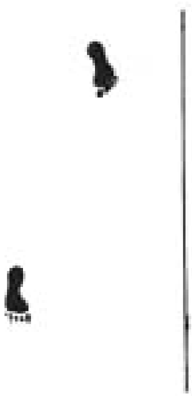
Keep the left heel slightly off the ground.





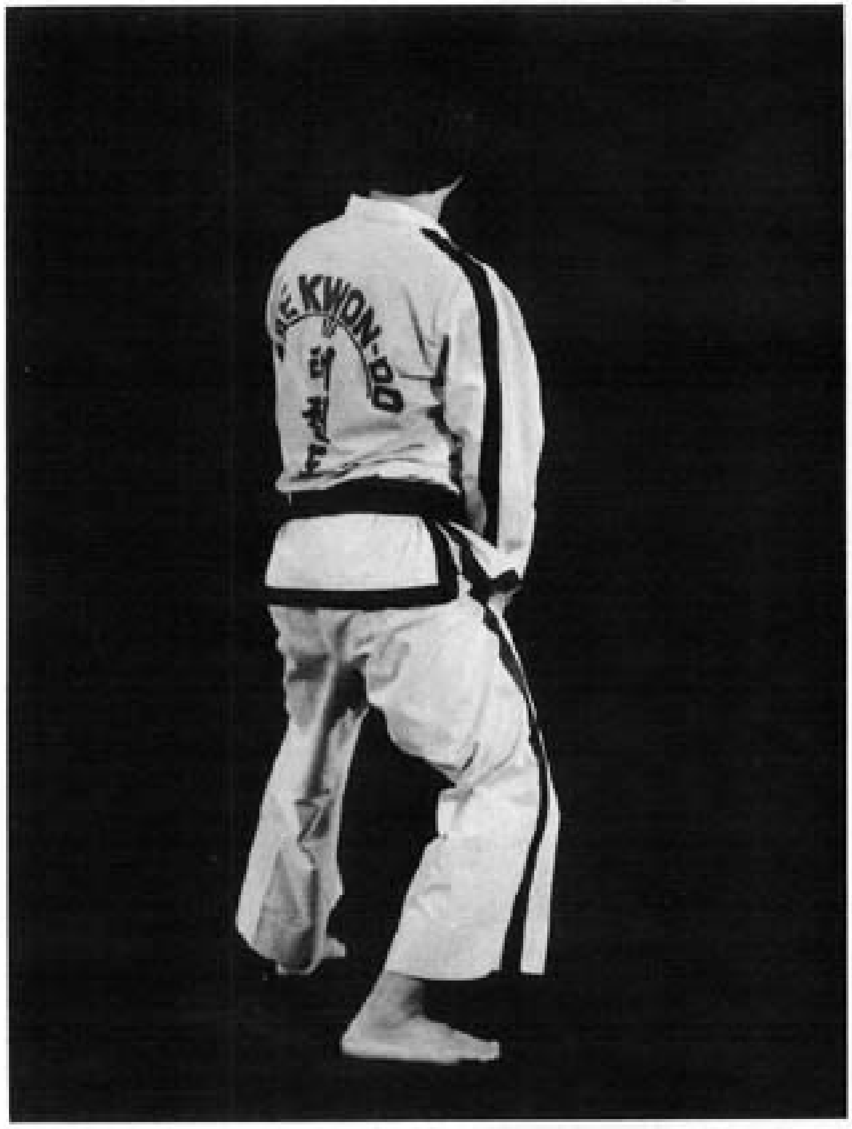
Side View



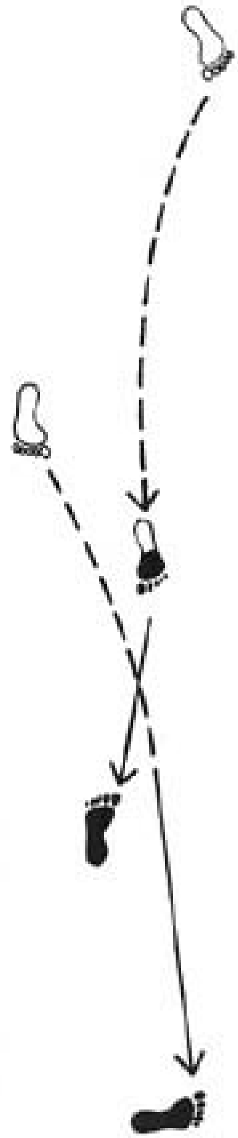




50. Move the left foot to D, and then slide to D, turning counter-clockwise to form a right L-stance toward C while executing a low guarding block to C with a knife-hand.



Right L-stance knife-hand low guarding block toward C.



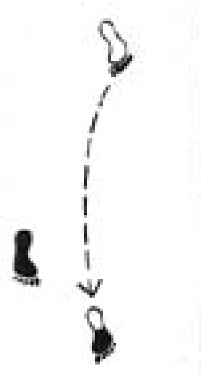
Keep the left heel slightly off the ground.



Previous Posture



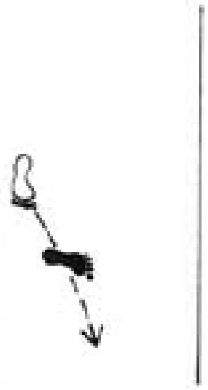




Other View













51. **Jump to C, spinning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.**





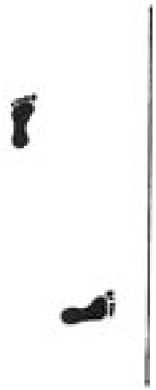
Jumping to C turning-counter-clockwise.





Right L-stance forearm middle guarding block toward D.

Previous Posture | **Application**



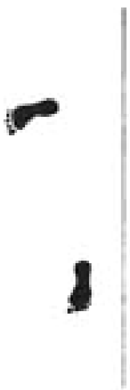










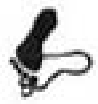


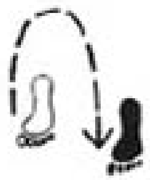




52. Execute a low block to **D** with the right knife-hand and a middle side front block to **D** with the left inner forearm while forming a left walking stance toward **D**, slipping the left foot.







Left walking stance knife-hand low blow and inner forearm middle side front block toward **D**.

Previous Posture





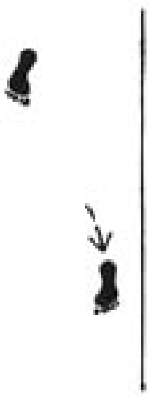
Application



Side View





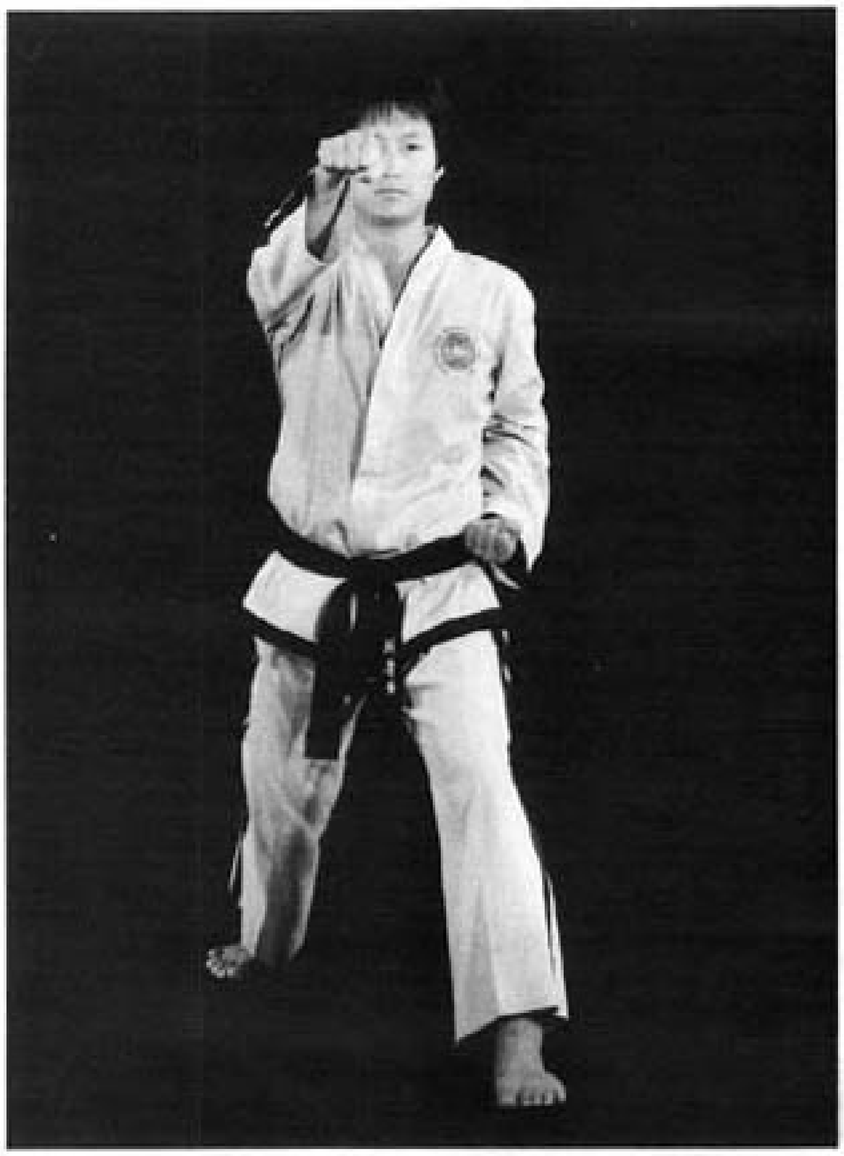






Side View

53. Execute a high punch to **D** with the right fist while maintaining a left walking stance toward **D**.
Perform **52** and **53** in a continuous motion.





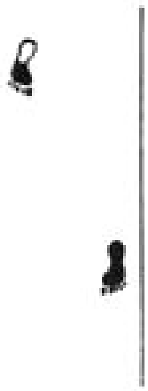
Left walking stance high punch with the right fist toward D.

Previous Posture





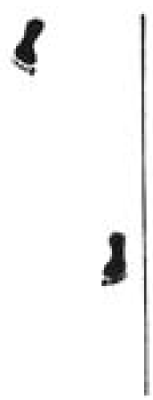
Keep the right heel slightly off the ground.







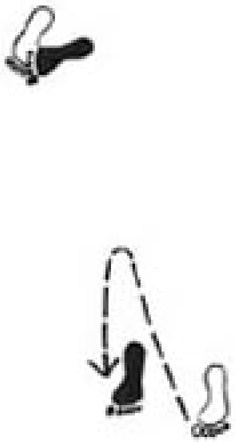
Side View





54. Execute a middle punch to D with the left fist while forming a right-L-stance toward D, pulling the left foot.





Right L-stance middle punch with the left fist toward D.

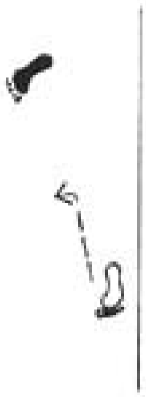
Previous Posture





Application

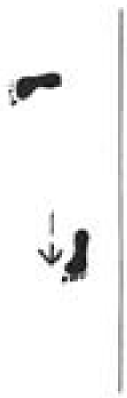








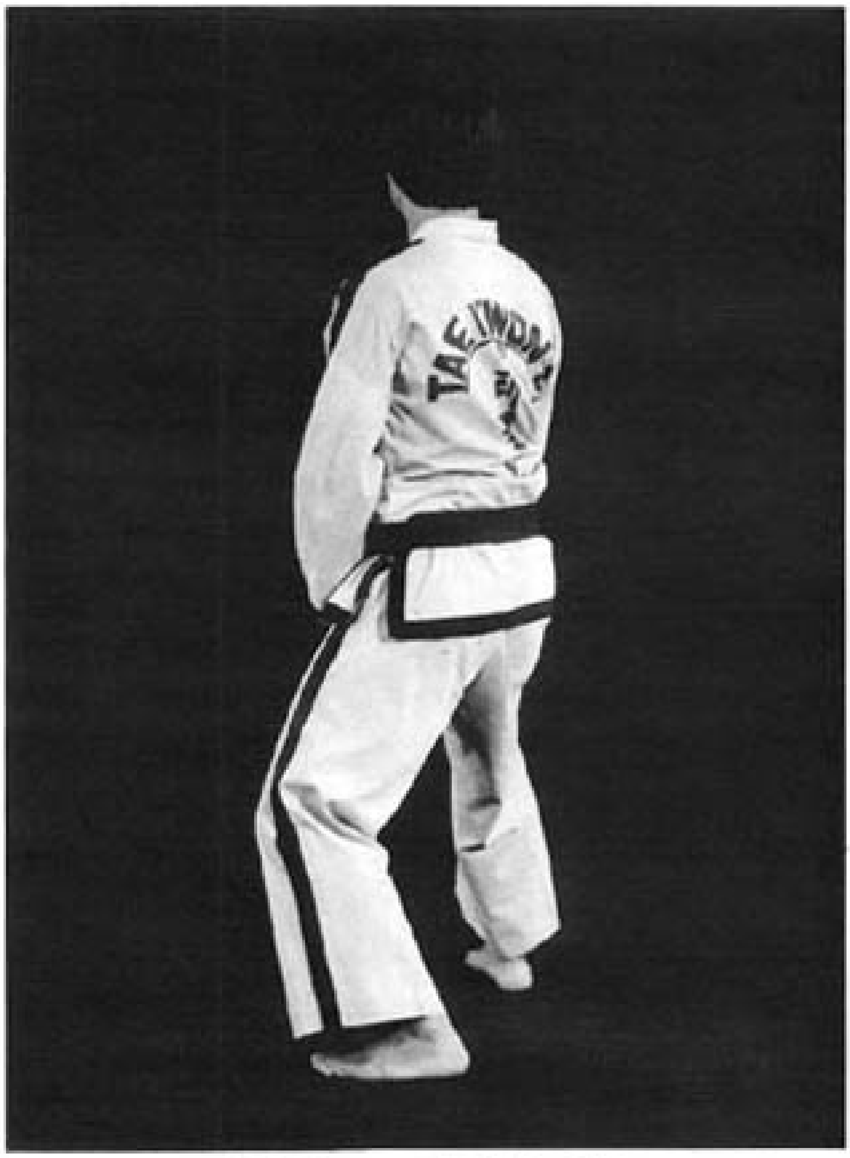
Side View







55. Move the right foot to D, and then slide to D, turning clockwise to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.



Left L-stance knife-hand low guarding block toward C.



Application

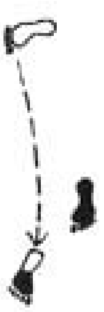


Previous Posture





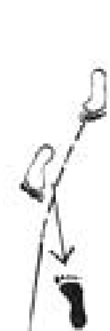
Keep the right heel slightly off the ground.







Side View







56. Jump to C, spinning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



Jumping to C turning clock-wise.



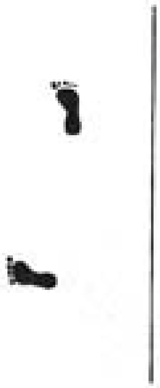




Left L-stance forearm middle guarding block toward D.



Previous Posture

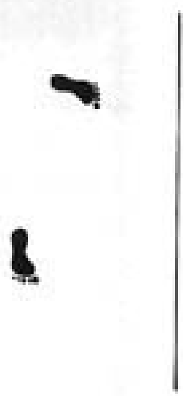




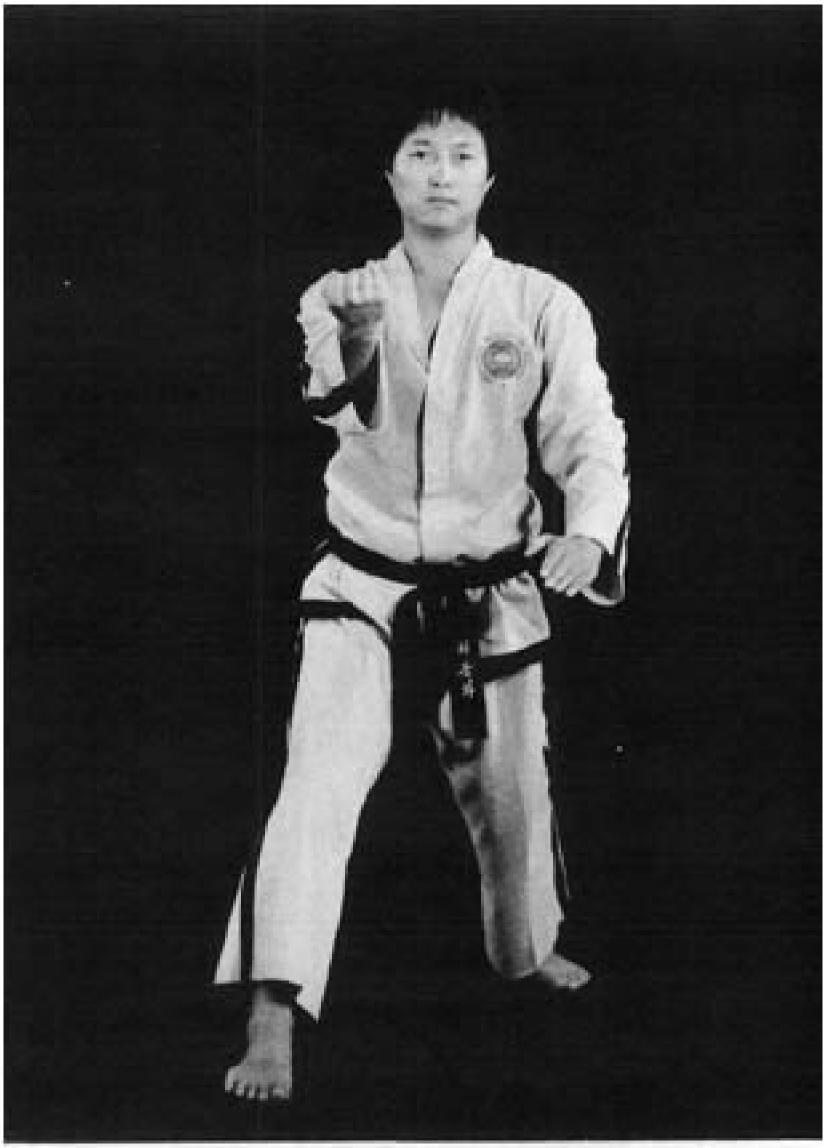








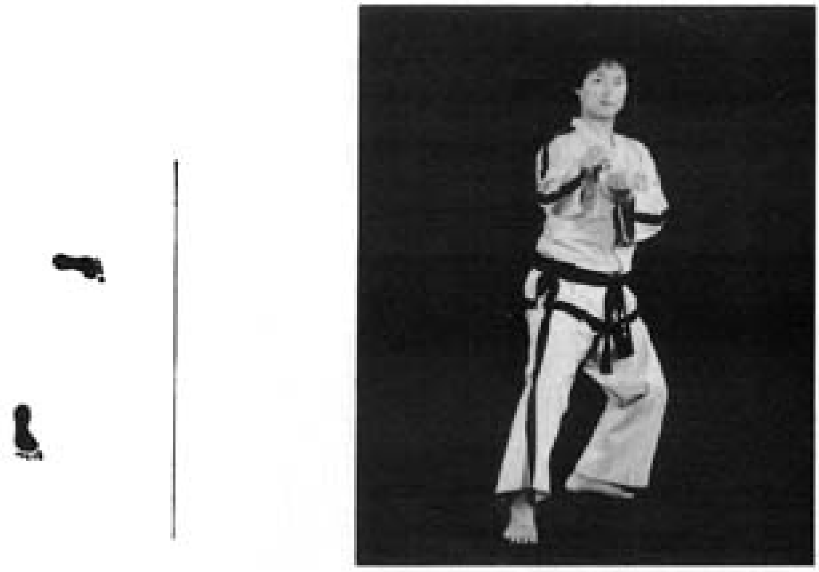
57. Execute a low block to D with the left knife-hand and a middle side front block to D with the right inner forearm while forming a right walking stance toward D, slipping the right foot.



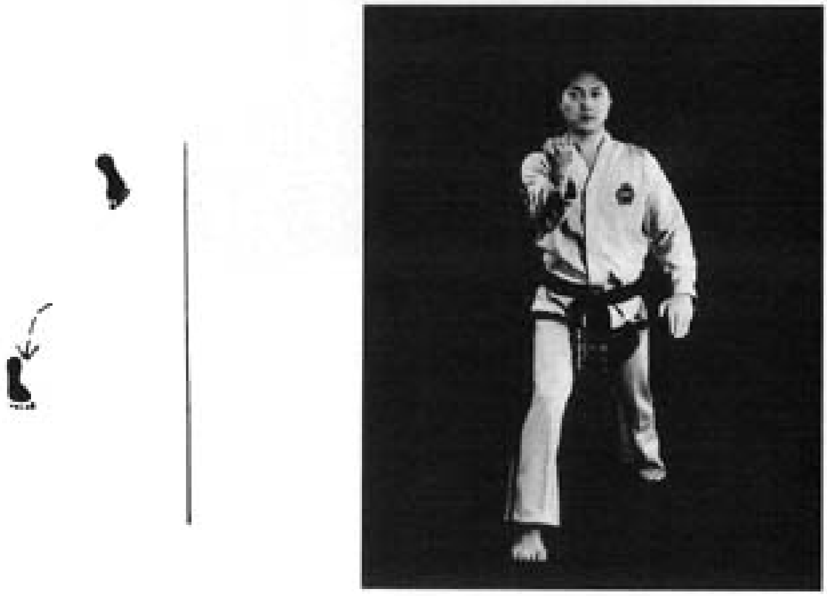
Right walking stance knife-hand low block and inner forearm middle side front block toward D.



Previous Posture







58. Execute a high punch to **D** with the left fist while maintaining a right walking stance toward **D**.
Perform 57 and 58 in a continuous motion.



Right walking stance high punch with the left fist toward **D**.



Previous Posture





Keep the left heel slightly off the ground.













Side View

59. Execute a middle punch to D with the right fist while forming a left L-stance toward D, pulling the right foot.



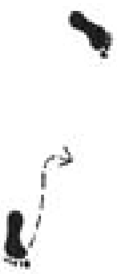


Left L-stance middle punch with the right fist toward D.





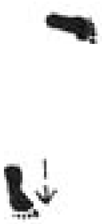
Previous Posture





Side View







60. Move the right foot to the side rear of the left foot, and then slide to **C**, forming a left L-stance toward **D** at the same time executing a scooping block with the right palm.



Left L-stance toward D with a right palm scooping block.



Previous Posture

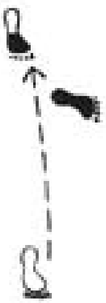




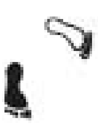
Application



Side View

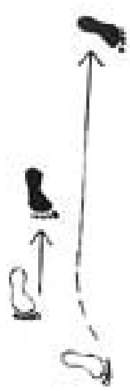




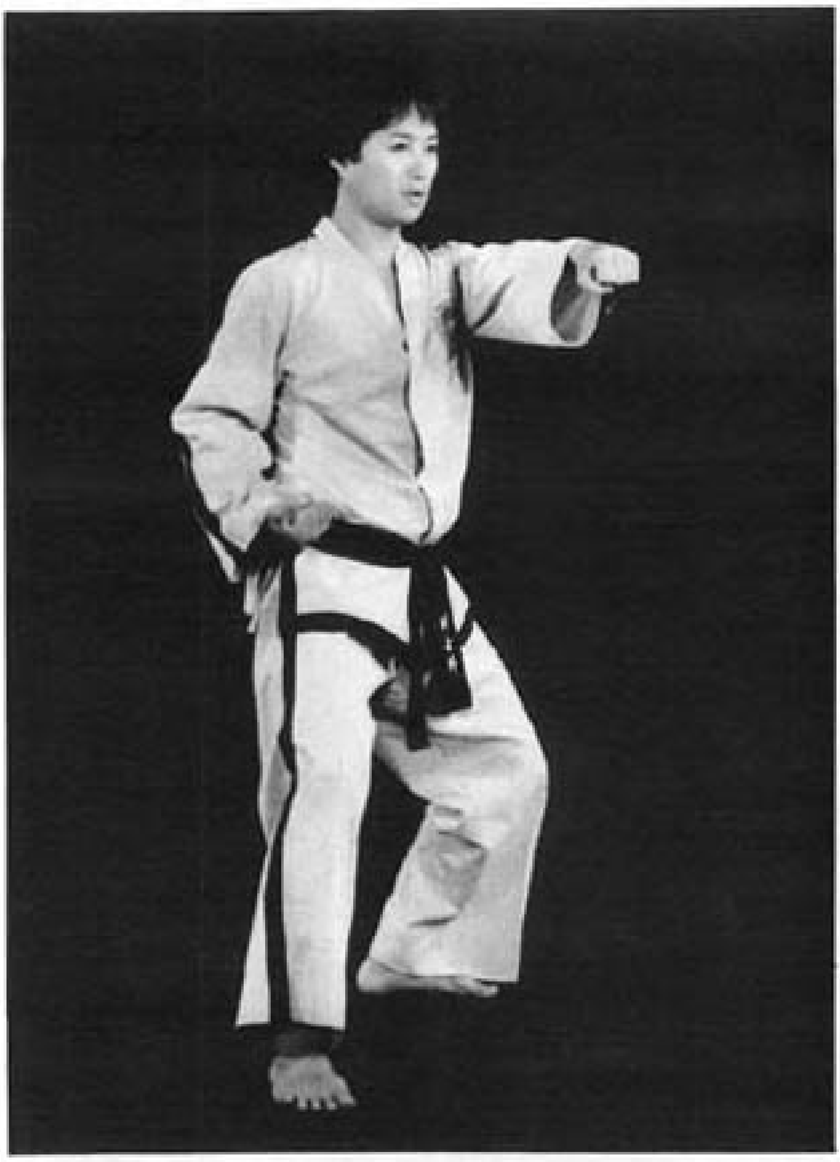








61. Shift to D, maintaining a left L-stance toward D while executing a middle punch to D with the left fist.





Left L-stance middle punch with the left fist toward D.





Previous Posture

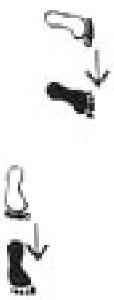
Raise the body slightly.







Side View



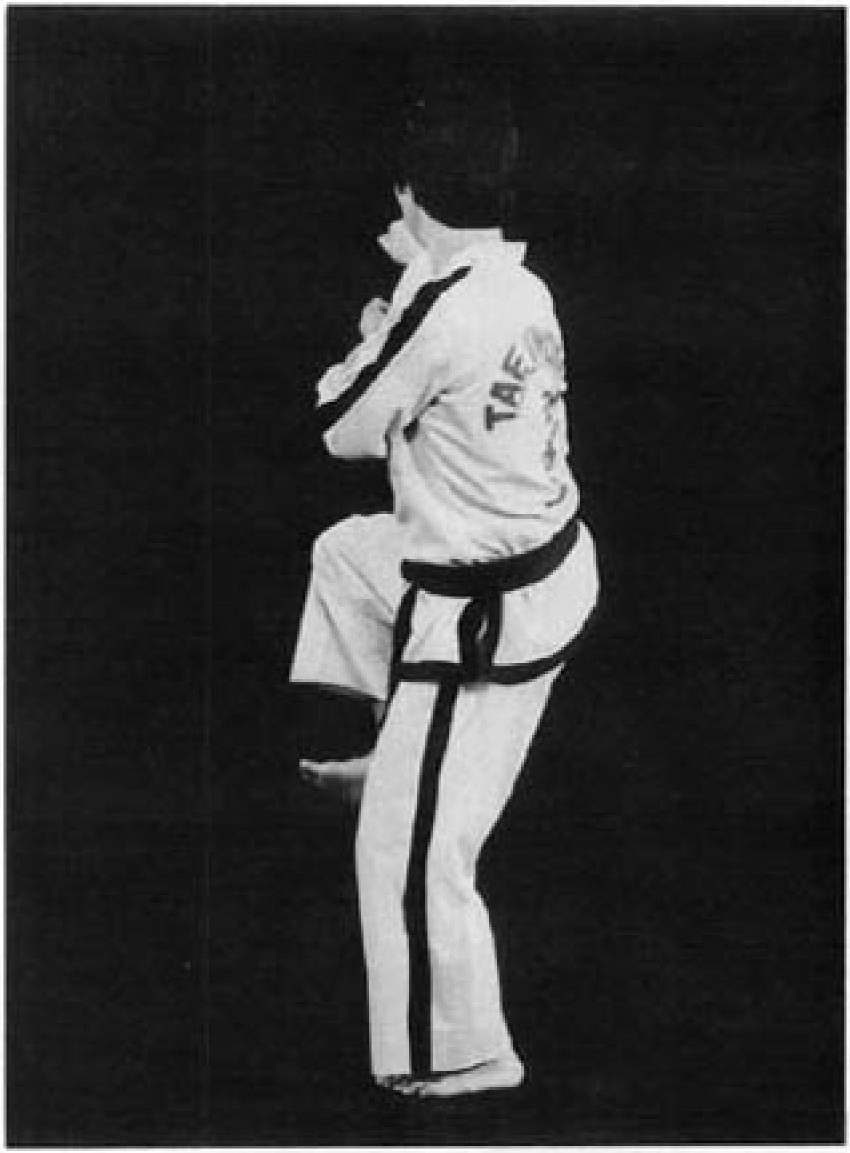


Top View



Application

62. Turn C clockwise while forming a left bending ready stance A toward C.





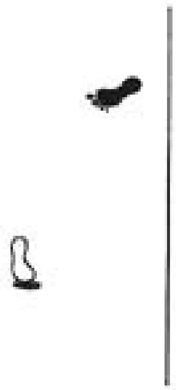
Left bending ready stance A toward C.

Previous Posture



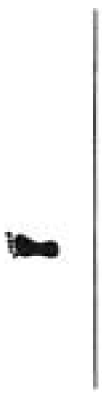


Side View













63. Execute a middle side piercing kick to C with the right foot.



Middle side piercing kick to C with the right foot.



Previous Posture











Side View

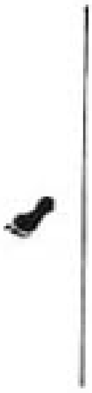
64. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.



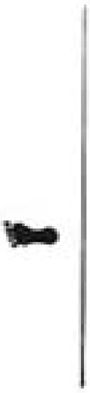


Right walking stance middle punch
right the left fist toward C.

Previous Posture

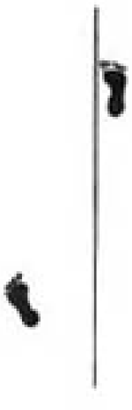










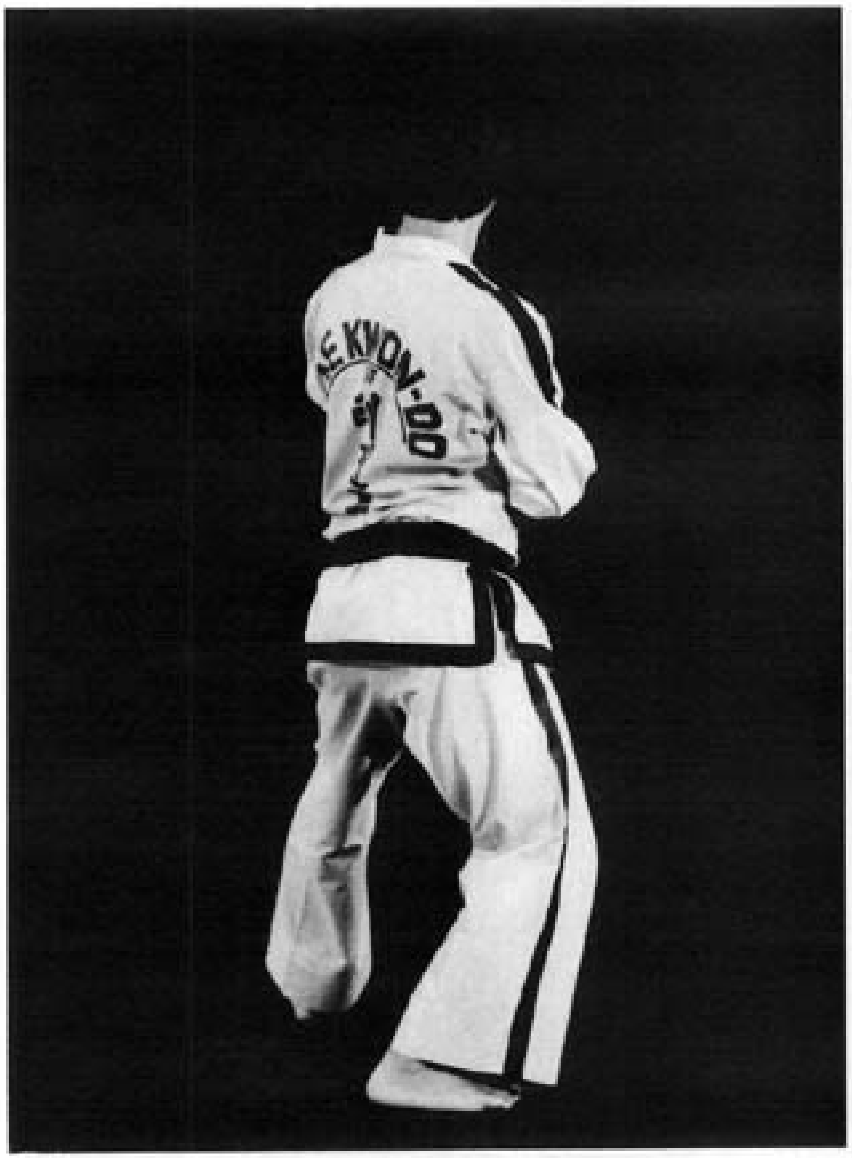






Side View

65. **Move the right foot to D, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.**



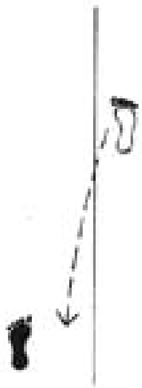


Right L-stance knife-hand middle guarding block toward C.

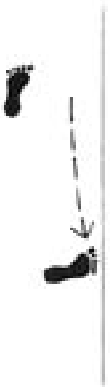
Previous Posture















66. Move the left foot to the side rear of the right foot, and then slide to D, forming a right L-stance toward C while executing a scooping block with the left palm.





Right L-stance toward C with a left palm scooping Block.

Previous Posture





Side View







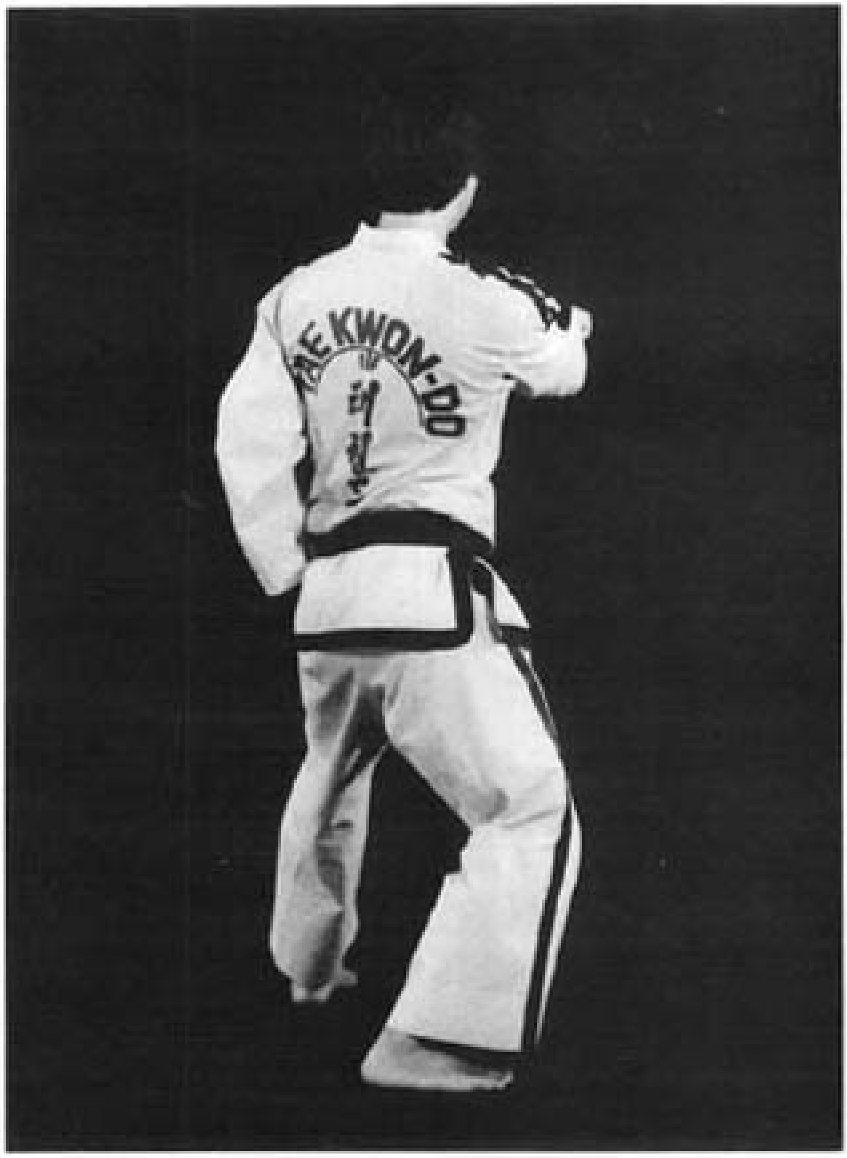






Raise the body slightly

67. Shift to C, maintaining a right L-stance toward C while executing a middle punch to C with the right fist.





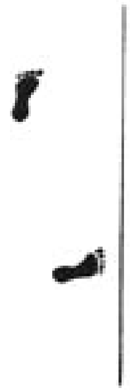
Right L-stance middle punch with the right fist toward C.

Previous Posture



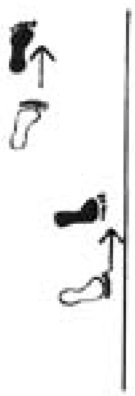


Raise the body slightly













Side View

68. Turn counter-clockwise while forming a right bending ready stance A toward D.





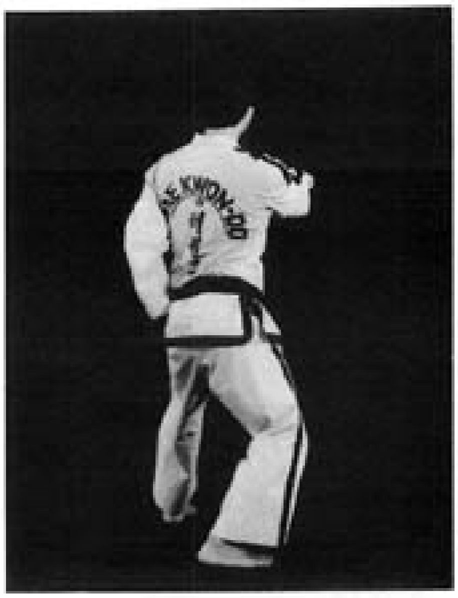
Right bending ready stance
A toward D.

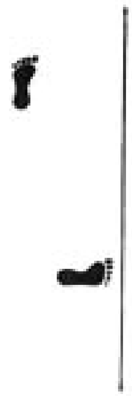
Application



Side View

Previous Posture

















Side View

69. Execute a middle side piercing kick to D with the left foot.





Middle side piercing kick to D
with the left foot.

Previous Posture



Application



Side View



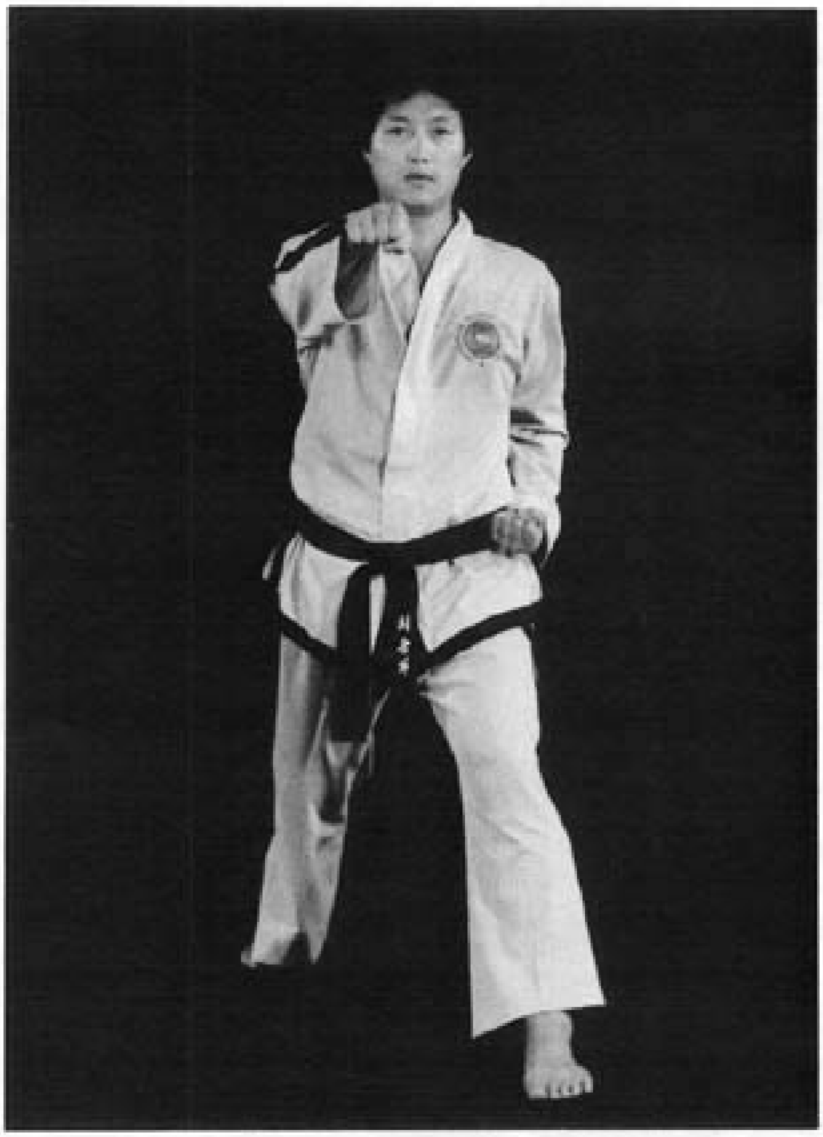






Side View

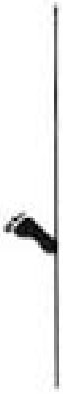
70. Lower the left foot to D to form a left walking stance toward D at the same time executing a middle punch to D with the right fist.



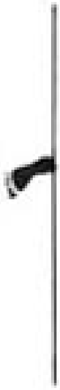


Left walking stance middle punch
with the right fist toward D.

Previous Posture



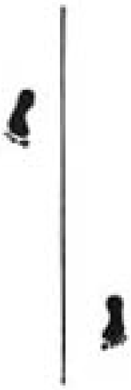








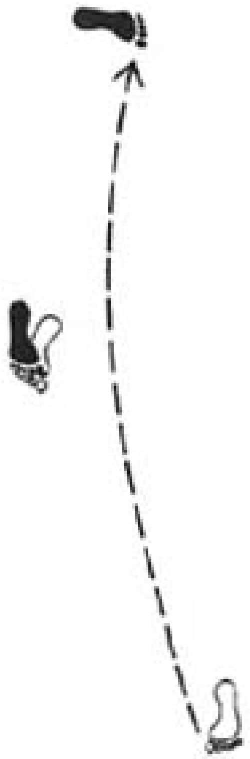
Side View





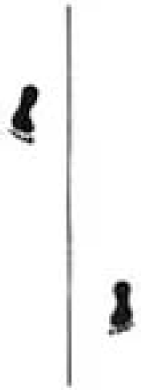
71. Move the left foot to C to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.





Left L-stance knife-hand middle guarding block toward D.

Previous Posture













Other View



72. Execute a high punch to D with the right fist while forming a right walking stance toward D, slipping the right foot.
Perform 71 and 72 in a continuous motion.





Right walking stance high punch with the right fist toward C.

Previous Posture



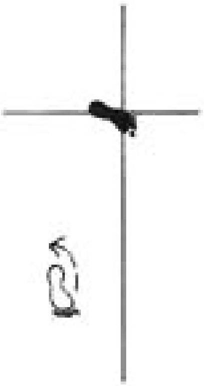


Application



Side View

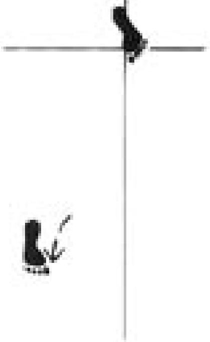






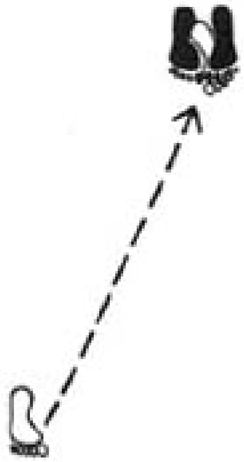
Side View





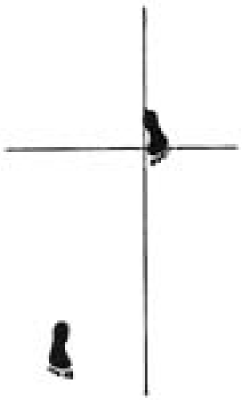
END: Bring the right foot back to a ready posture.





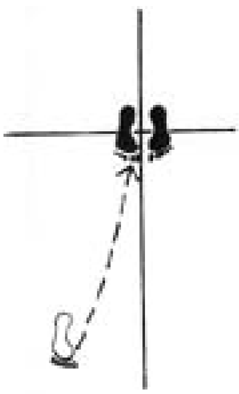
Close ready stance A toward D.

Previous Posture





Side View









Top View



ADDITIONAL TECHNIQUES FOR PATTERN SE-JONG

Fixed Stance Forearm High Guarding Block
(Gojung So Palmok Nopunde Daebi Makgi)

Front View

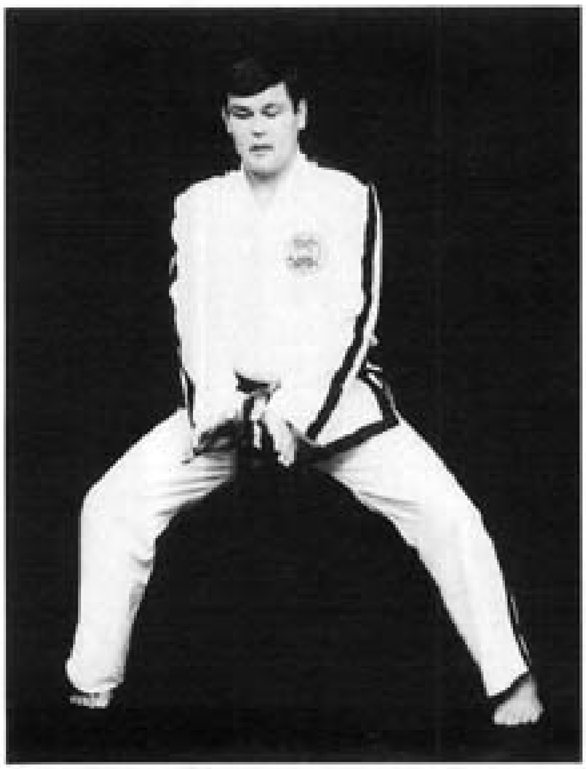


Side View



The fist reaches the eye level of the defender

Diagonal Stance Twin Palm Pressing Block
(Sasun So Sang Sonbadak Noollo Makgi)



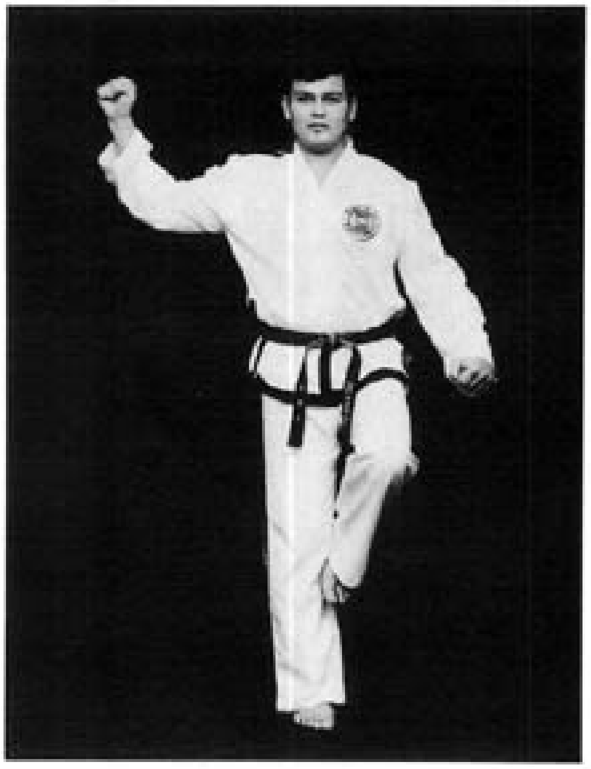
Front View

Side View



One-Leg Stance Forearm Outward Block
(Waebal So Palmok Bakuro Makgi)

Front View



Side View



The right fist reaches the eye level and the left forearm reaches the same level as the waist of the defender.

Walking Stance Palm Obverse Pressing Block
(Gunnun So Sonbadak Baro Noollo Makgi)



Front View

Side View



One-Leg Stance Back Fist Side Front Strike
(Waebal So Dung Jumok Yobap Taerigi)

Front View





Side View

Fixed Stance Side Elbow Thrust
(Gojung So Yop Palkup Tulgi)





Front View

Side View

L-Stance Knife-Hand High Guarding Block
(Niunja So Sonkal Nopunde Daebi Makgi)

Front View



Side View





Top View



Back View



並書如虯字初發聲
ㅋ 牙音如快字初發聲
ㆁ 牙音如業字初發聲
ㄷ 舌音如斗字初發聲
並書如覃字初發聲
ㅌ 舌音如呑字初發聲
ㄴ 舌音如那字初發聲

ㅂ 脣音如彆字初發聲
並書如步字初發聲
ㅍ 脣音如漂字初發聲
ㅁ 脣音如彌字初發聲
ㅈ 齒音如卽字初發聲
並書如慈字初發聲
ㅊ 齒音如侵字初發聲



ㅅ 齒音如戌字初發聲
並書如邪字初發聲
ㆆ 喉音如挹字初發聲
ㅎ 喉音如虛字初發聲
並書如洪字初發聲
ㅇ 喉音如欲字初發聲
ㄹ 半舌音如閭字初發聲

ㅿ 半齒音如穰字初發聲
ㆍ 如呑字中聲
ㅡ 如卽字中聲
ㅣ 如侵字中聲
ㅗ 如洪字中聲
ㅏ 如覃字中聲
ㅜ 如君字中聲



ㅓ 如業字中聲
ㅛ 如欲字中聲
ㅑ 如穰字中聲
ㅠ 如戌字中聲
ㅕ 如彆字中聲
終聲復用初聲ㅇ連書脣音
之下則爲脣輕音初聲合用

則並書終聲同ㆍㅡㅗㅜㅛ
ㅠ附書初聲之下ㅣㅏㅓㅑㅕ
附書於右凡字必合而成
音左加一點則去聲二則上
聲無則平聲入聲加點同而
促急



PATTERN SE-JONG

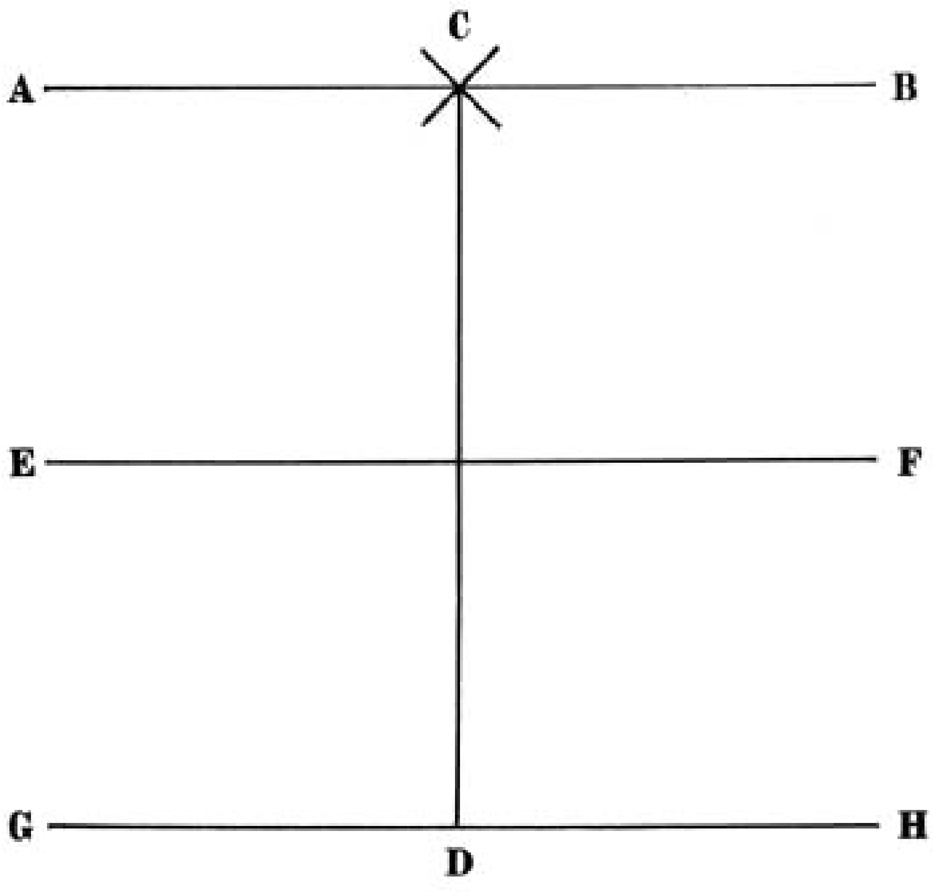
This pattern is practised by the
5th degree.

DIAGRAM: 王

MOVEMENTS: 24

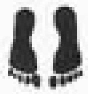
READY POSTURE: CLOSE READY STANCE B.

DIAGRAM *(Yon Moo Son)*



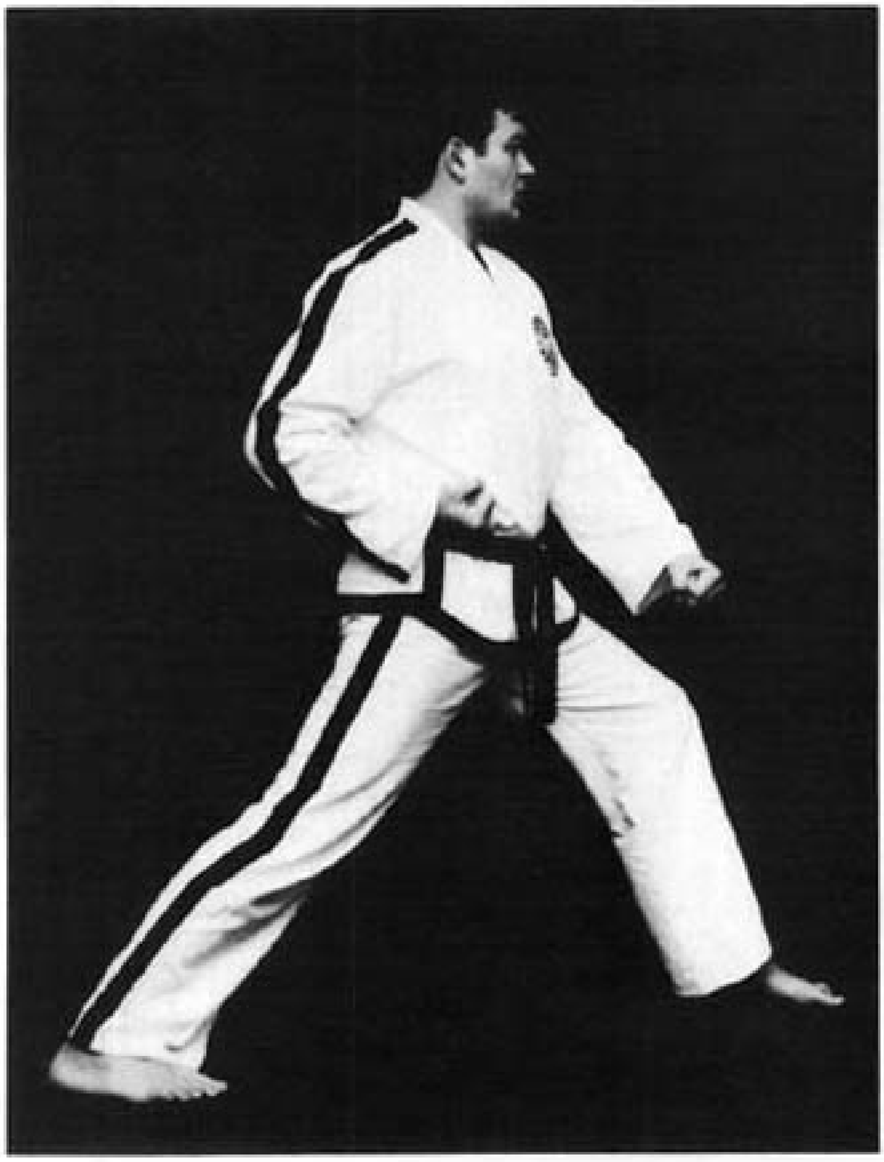
Ready Posture *(Junbi Jase)*

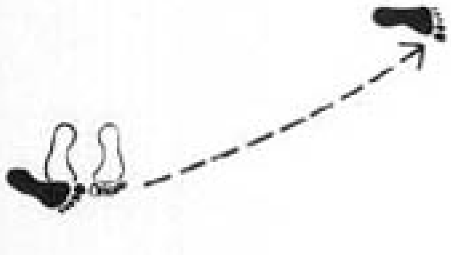




Close ready stance B toward D.

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm.





Left walking stance low block with the left forearm toward B.

Front View



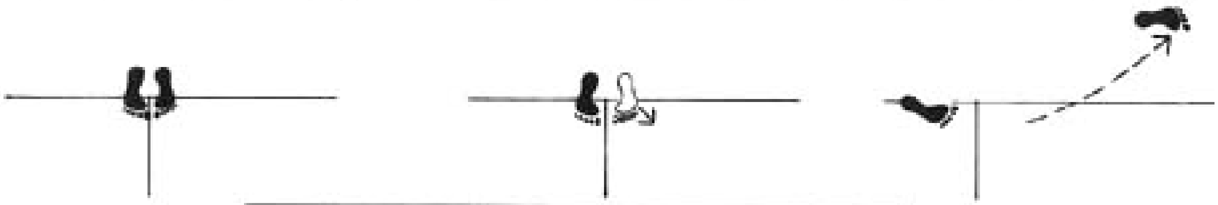


Previous Posture









Application



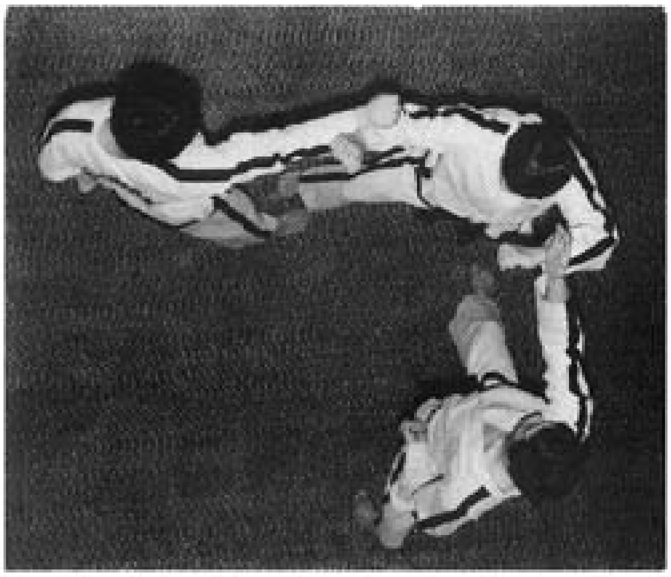
2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block to A.



Left L-stance twin forearm block toward A.



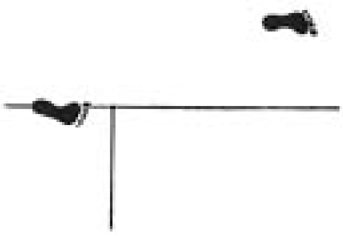
Application



Top View

Previous Posture



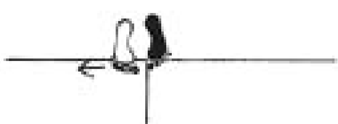














3. Execute a middle side piercing kick to D with the right foot.





Middle side piercing kick to D with the right foot.

Previous Posture



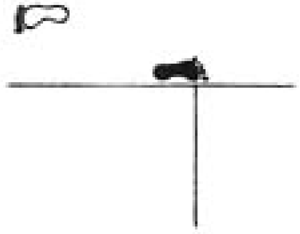


Application



Side View

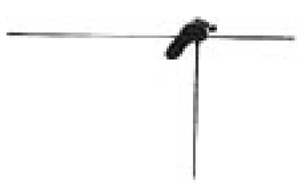




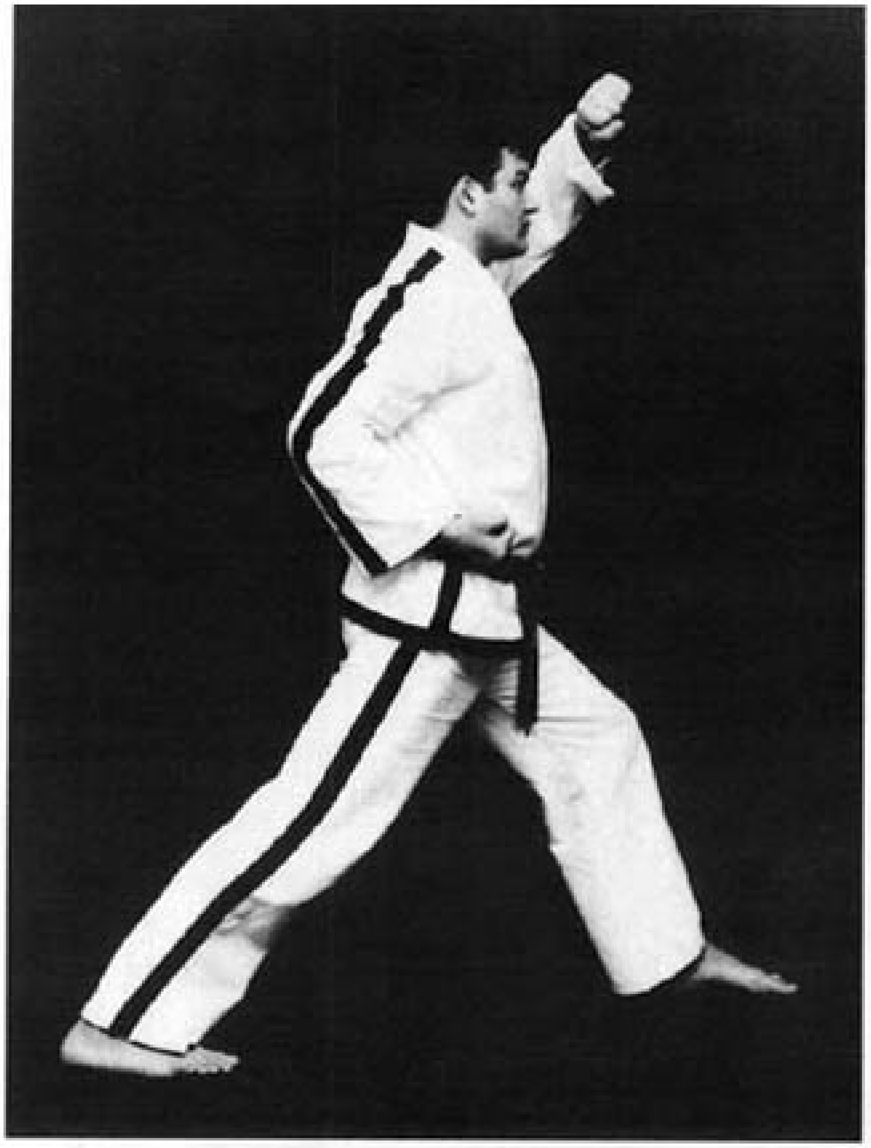




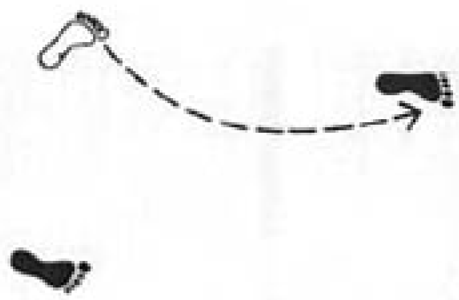




4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm.

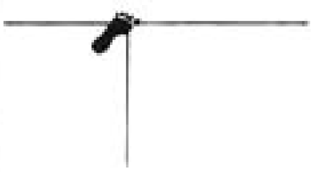


Left walking stance toward F with a left forearm rising block.



Previous Posture





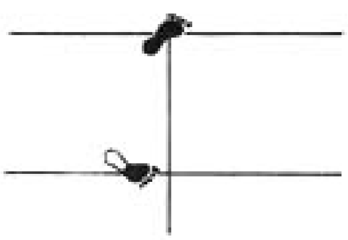
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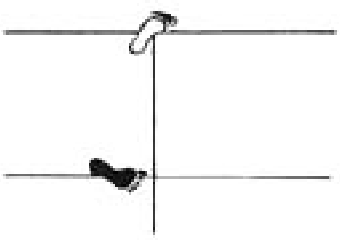


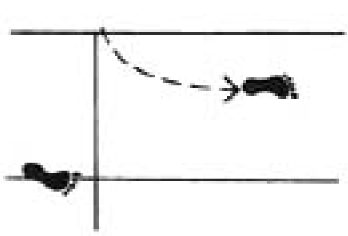






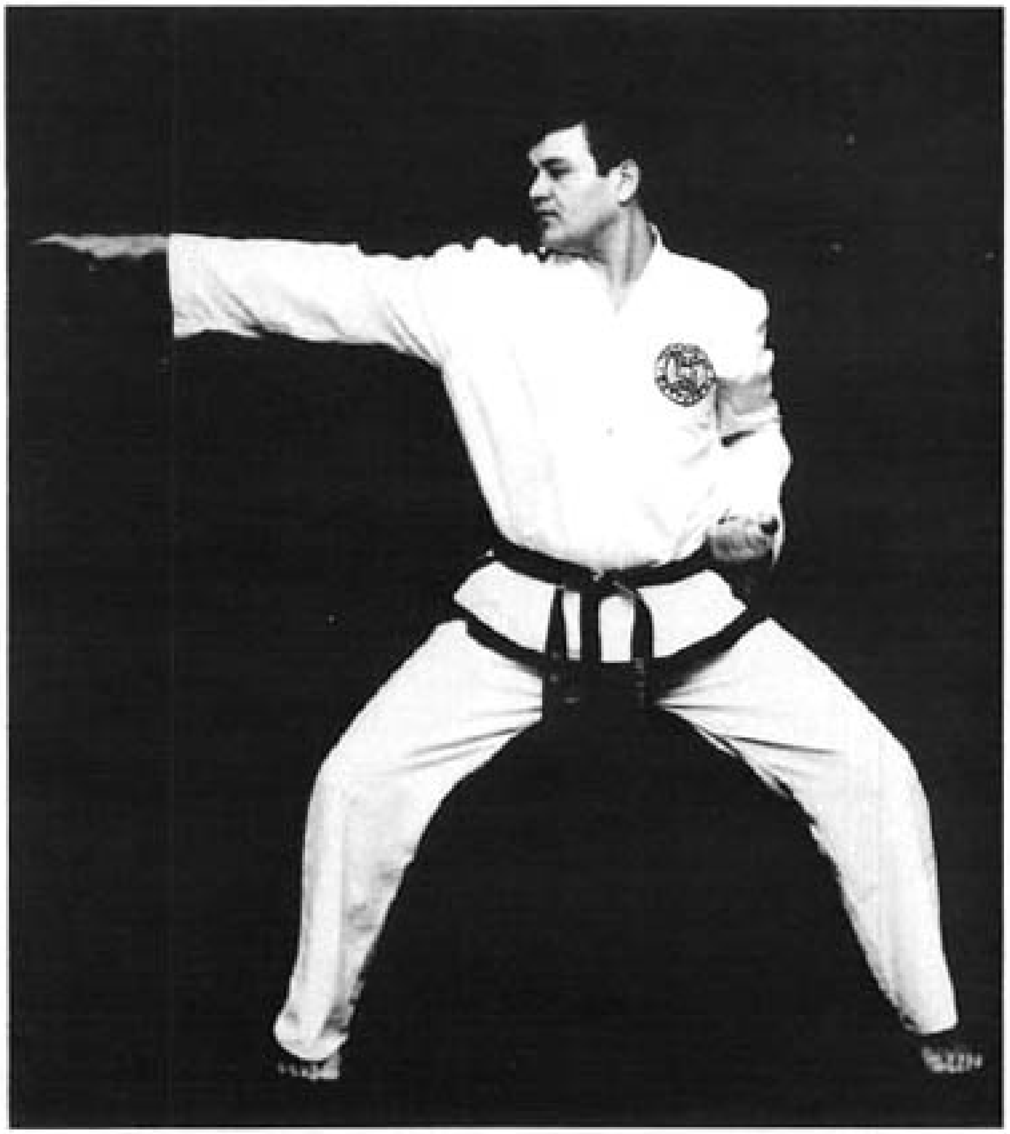




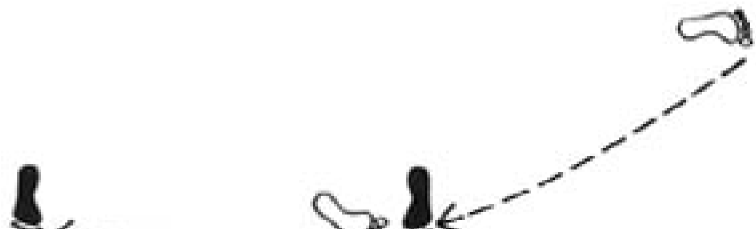


Keep the right heel slightly off the ground.

5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle side strike to E with the right knife-hand.



Sitting stance toward D with a right knife-hand middle side strike to E.

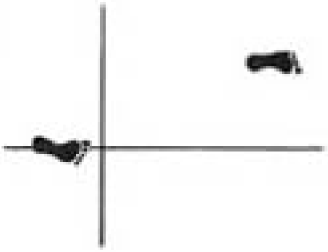


Application



Previous Posture



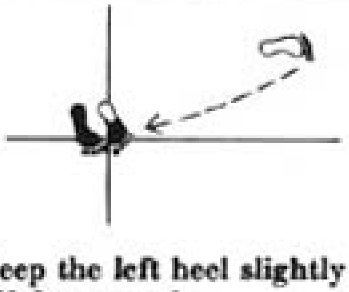


Side View

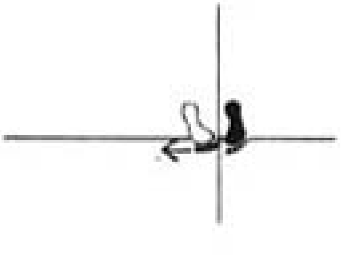


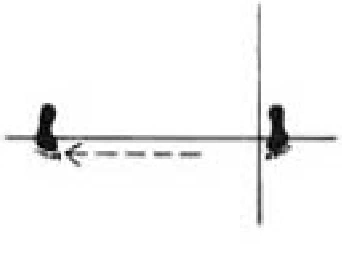






Keep the left heel slightly off the ground.





6. Bring the right foot to the left foot, forming a close ready stance B toward D.





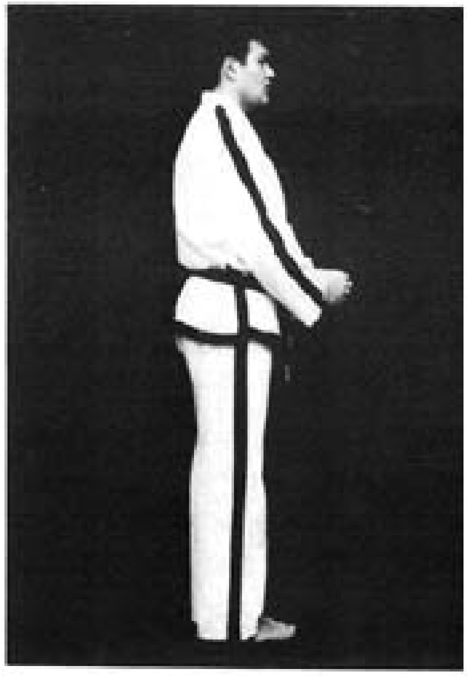
Close ready stance B toward D.

Application



Side View

Side View

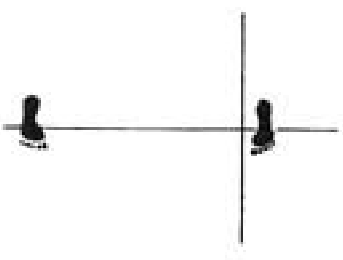


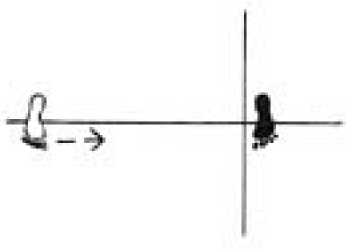
Previous Posture

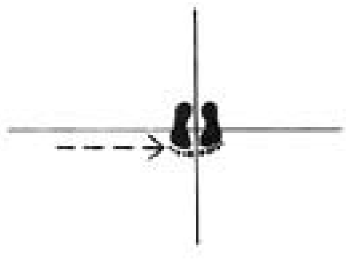












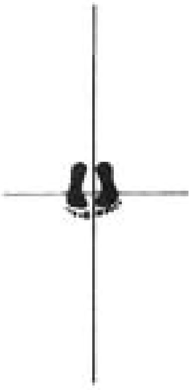
7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist.





Left X-stance toward DG with a left back fist high side strike to D.

Previous Posture

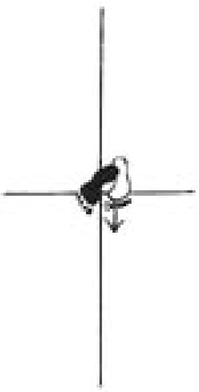




Application

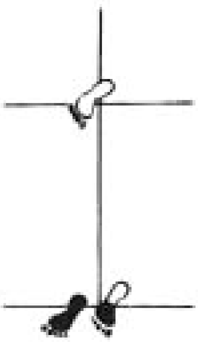


Side View







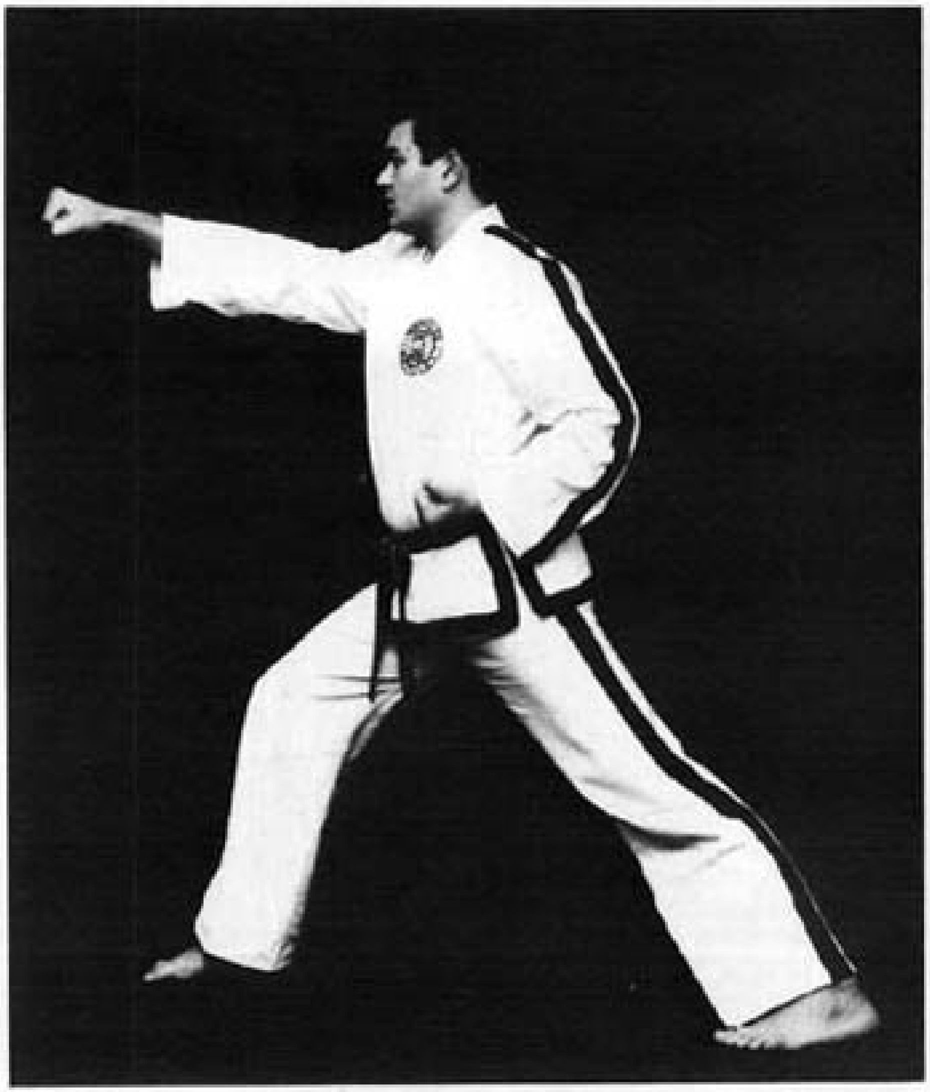




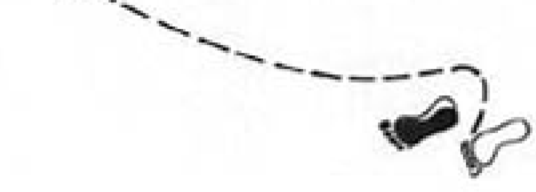


Side View

8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist.



Right walking stance high punch with the right fist toward G.

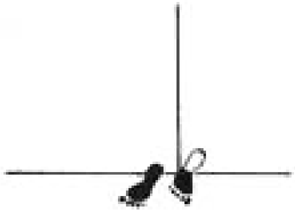


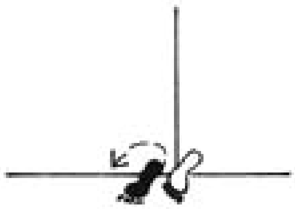
Previous Posture













Application



9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm.

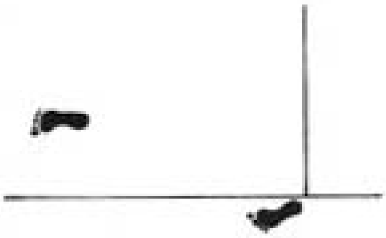


Left fixed stance forearm high guarding block toward H.



Previous Posture





Front View

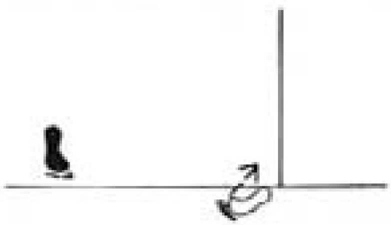








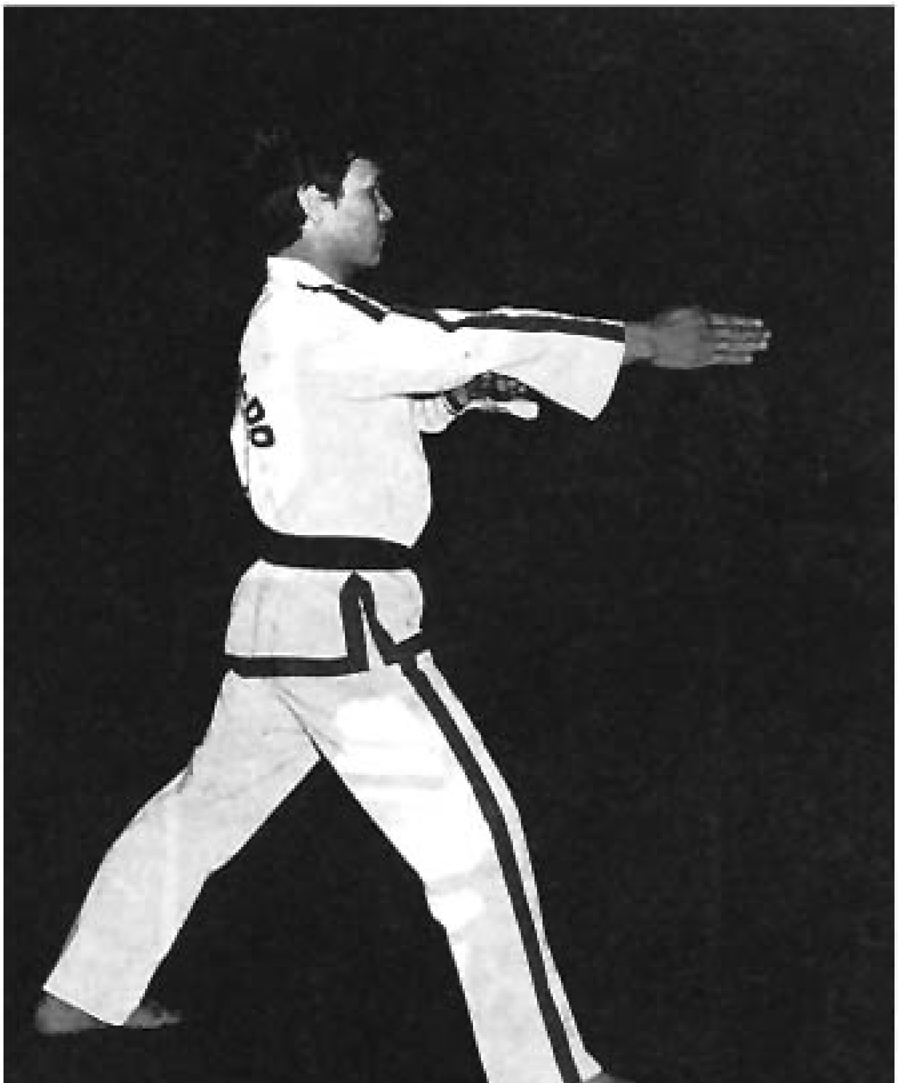






Keep the right heel slightly off the ground.

10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight fingertip.



Right walking stance middle thrust with the right straight fingertip toward H.



Front View

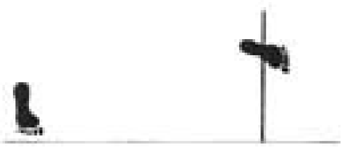


Previous Posture





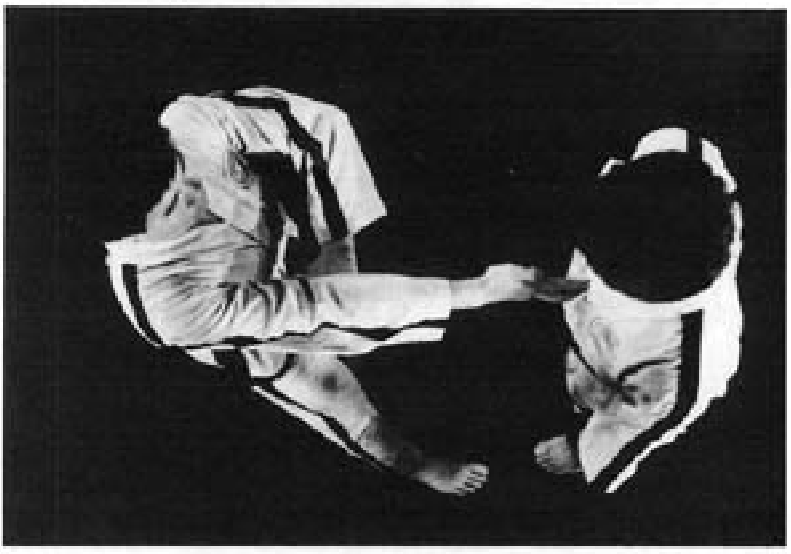






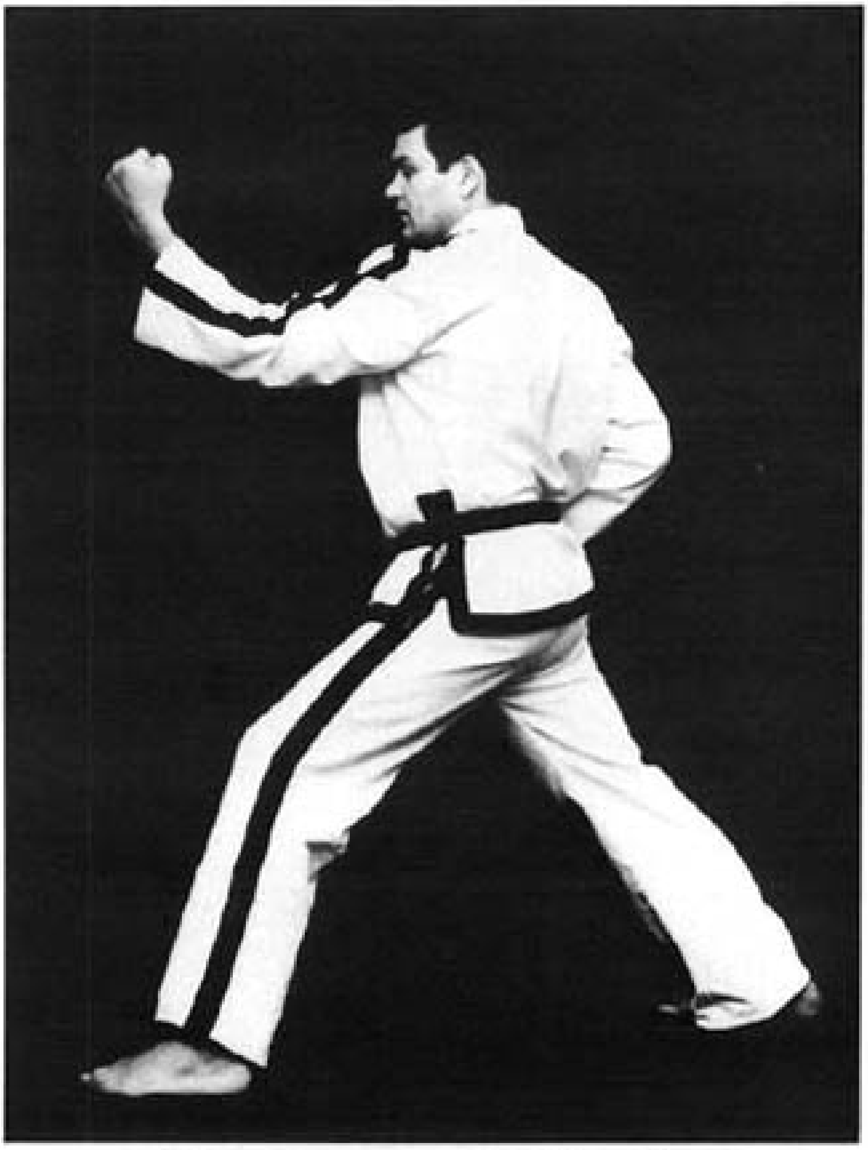


Application

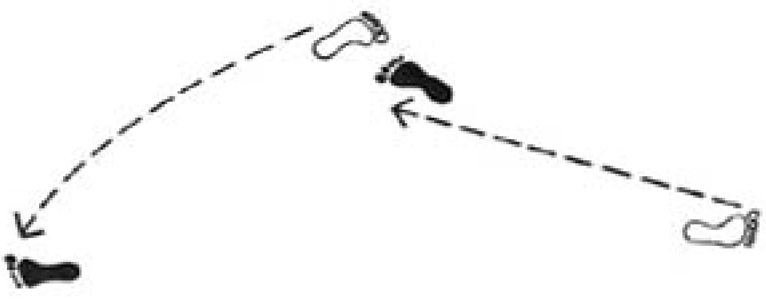


Top View

11. Bring the right foot to the left foot, and then move the left foot to G to Form a left walking stance toward G while executing a high side strike to G with the left back fist.



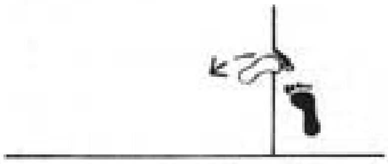
Left walking stance high side strike with the left back fist toward G.



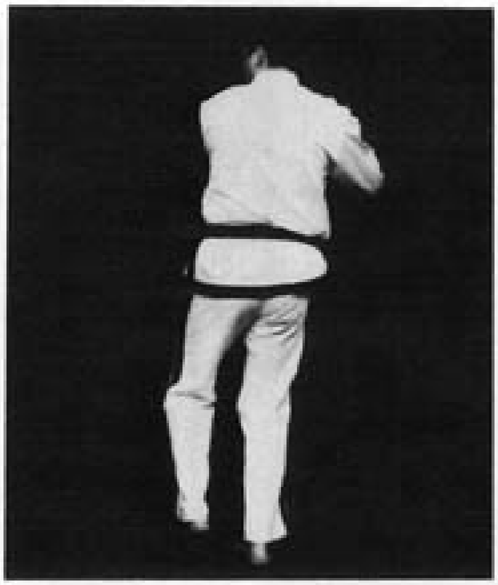
Previous Posture



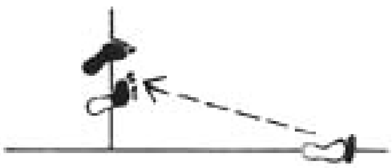










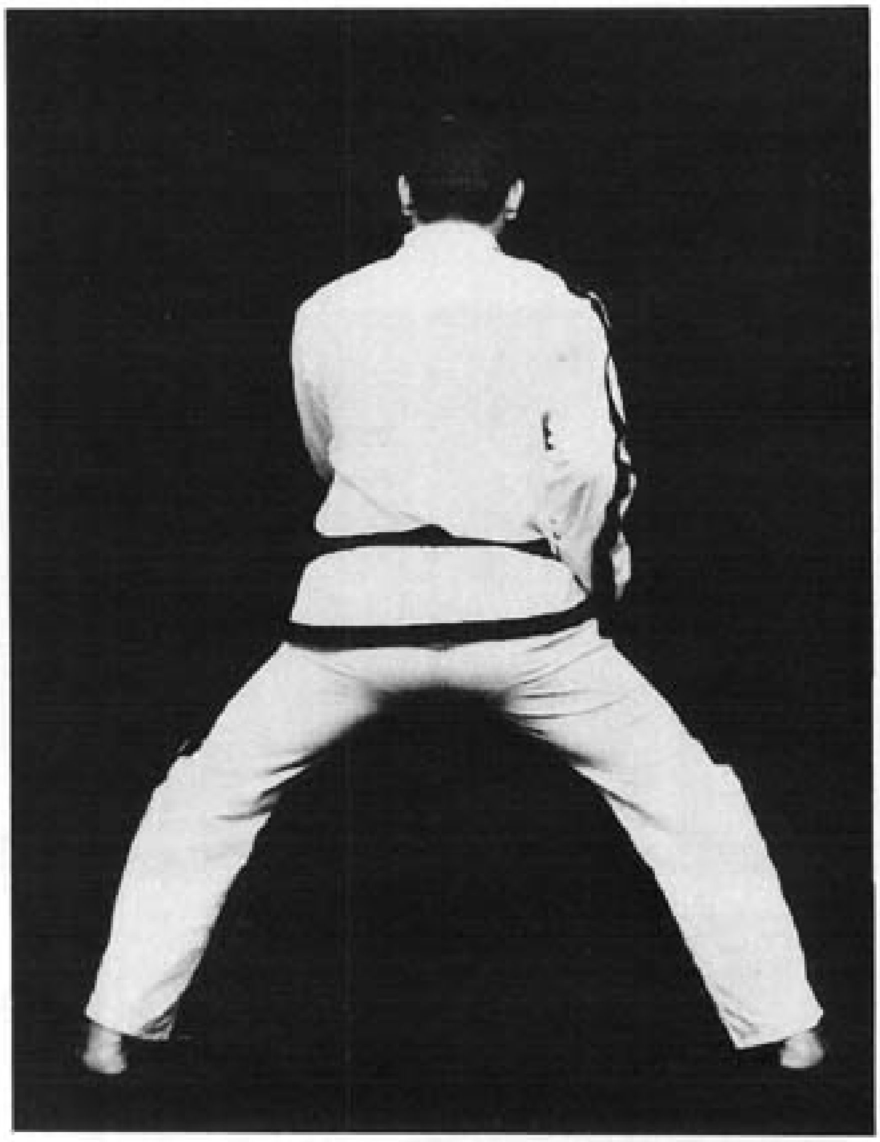






Other View

12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm.



Sitting stance toward C with a left palm scooping block.



Application



Side View

Raise the body slightly

Other View

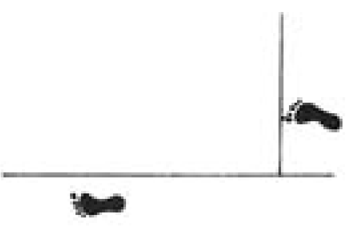


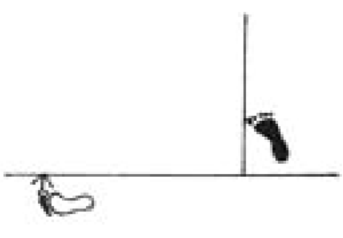
Previous Posture

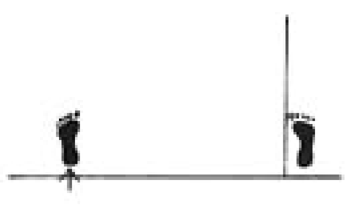












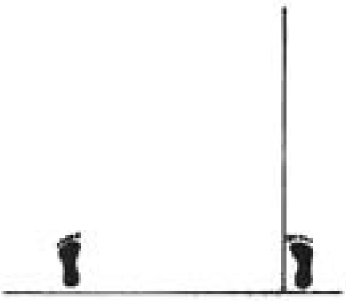
13. Execute a middle turning kick to C with the left foot.



Middle turning kick to C with the left foot.

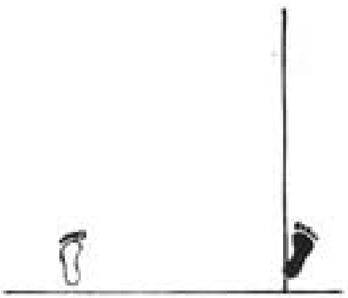


Previous Posture



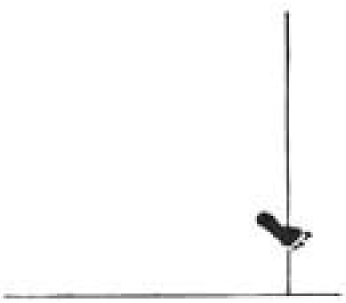


Other View





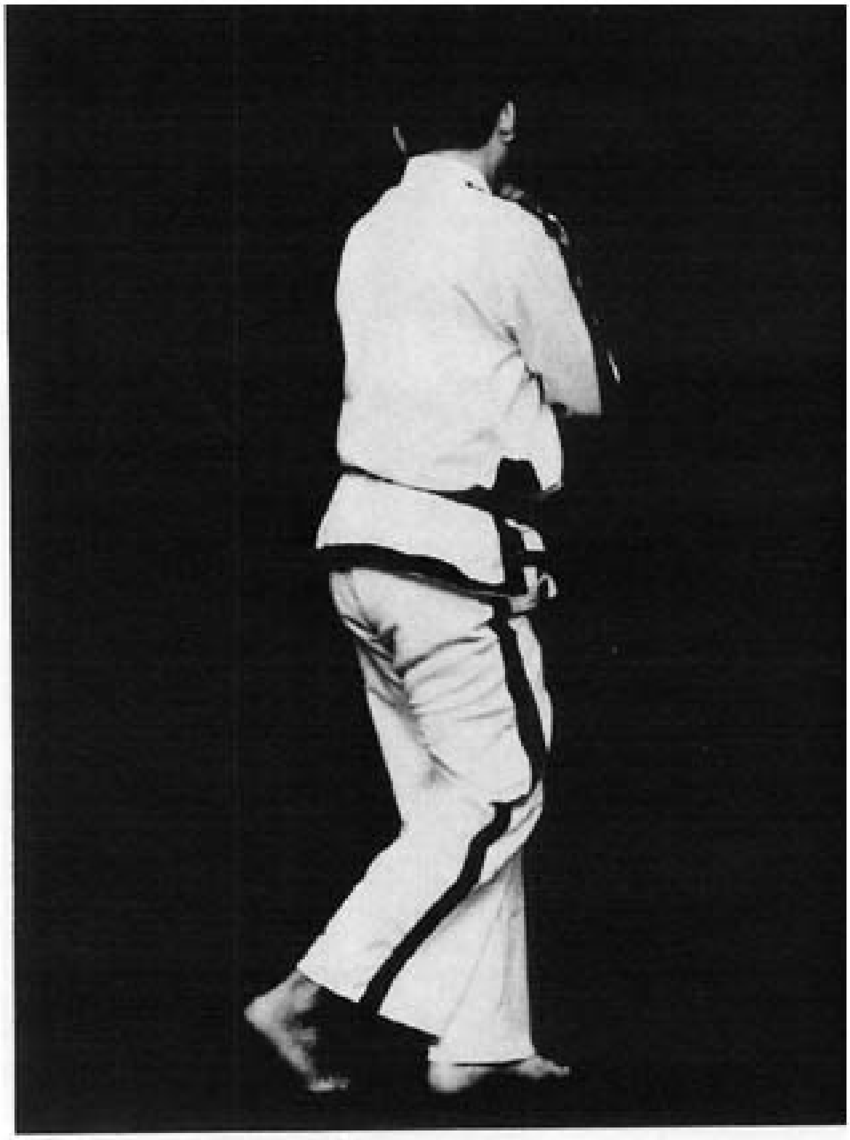








14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm.



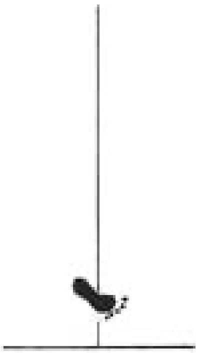


Left X-stance toward CF with a double forearm high block to C.

Application

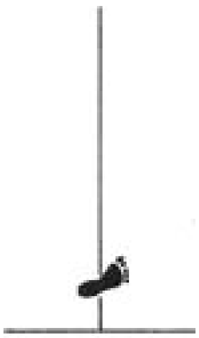


Previous Posture



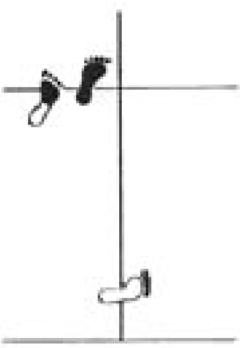


Side View







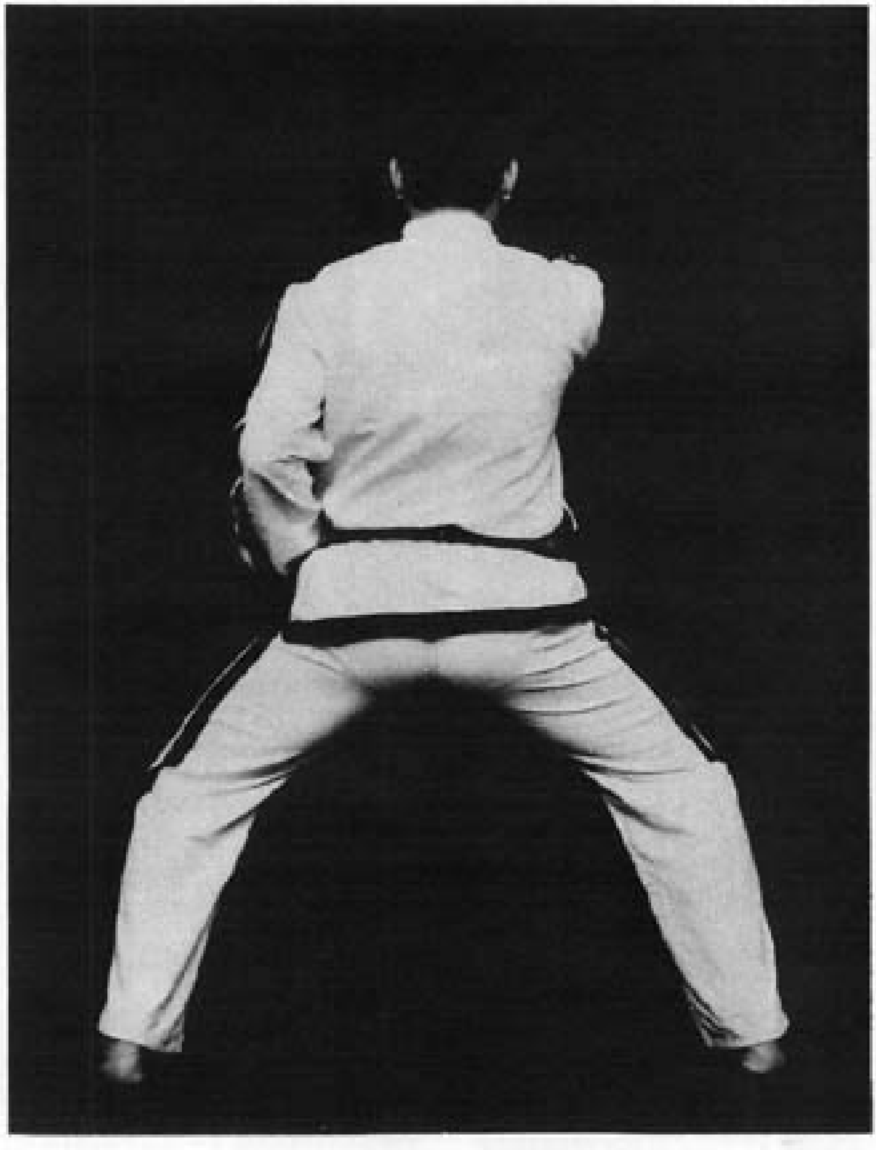




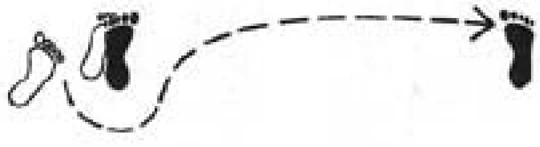


Other View

15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion.



Sitting stance with the right fist extended horizontally toward C.



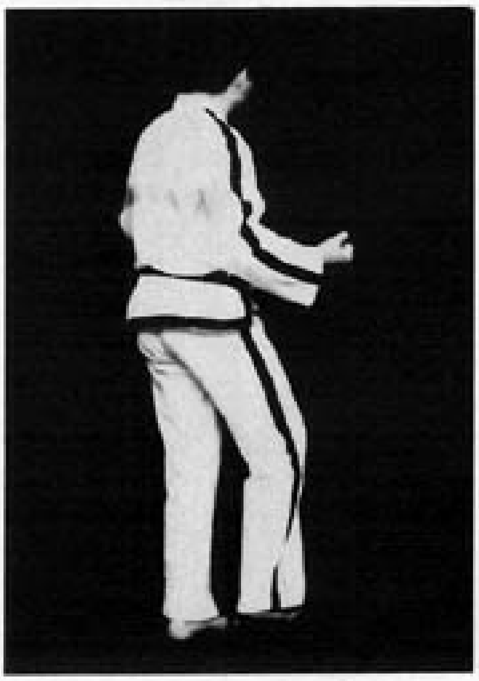
Other View





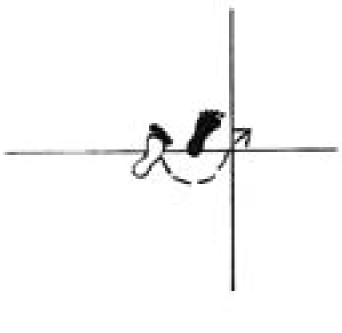
Previous Posture

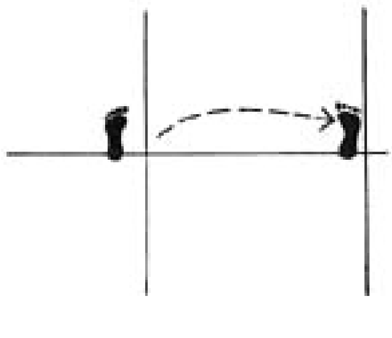




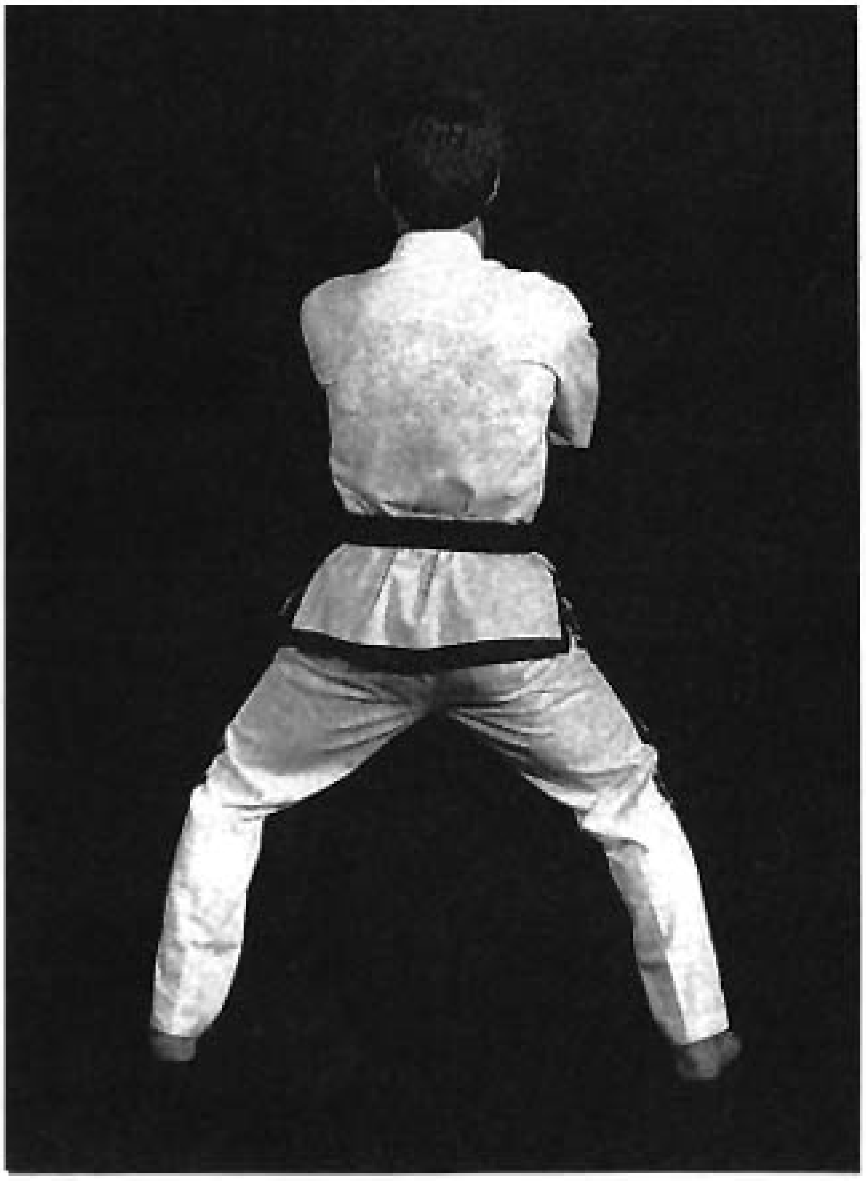








16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C.





Sitting stance front strike with the left back fist toward C.

Raise the body slightly



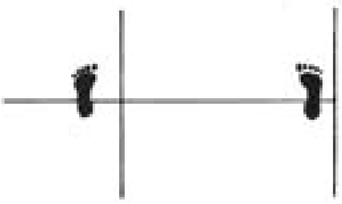
Side View

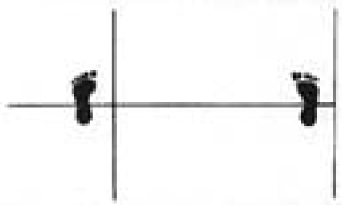
Previous Posture

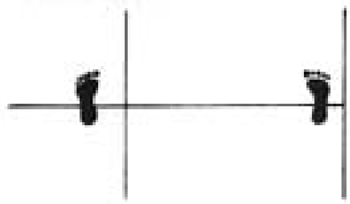










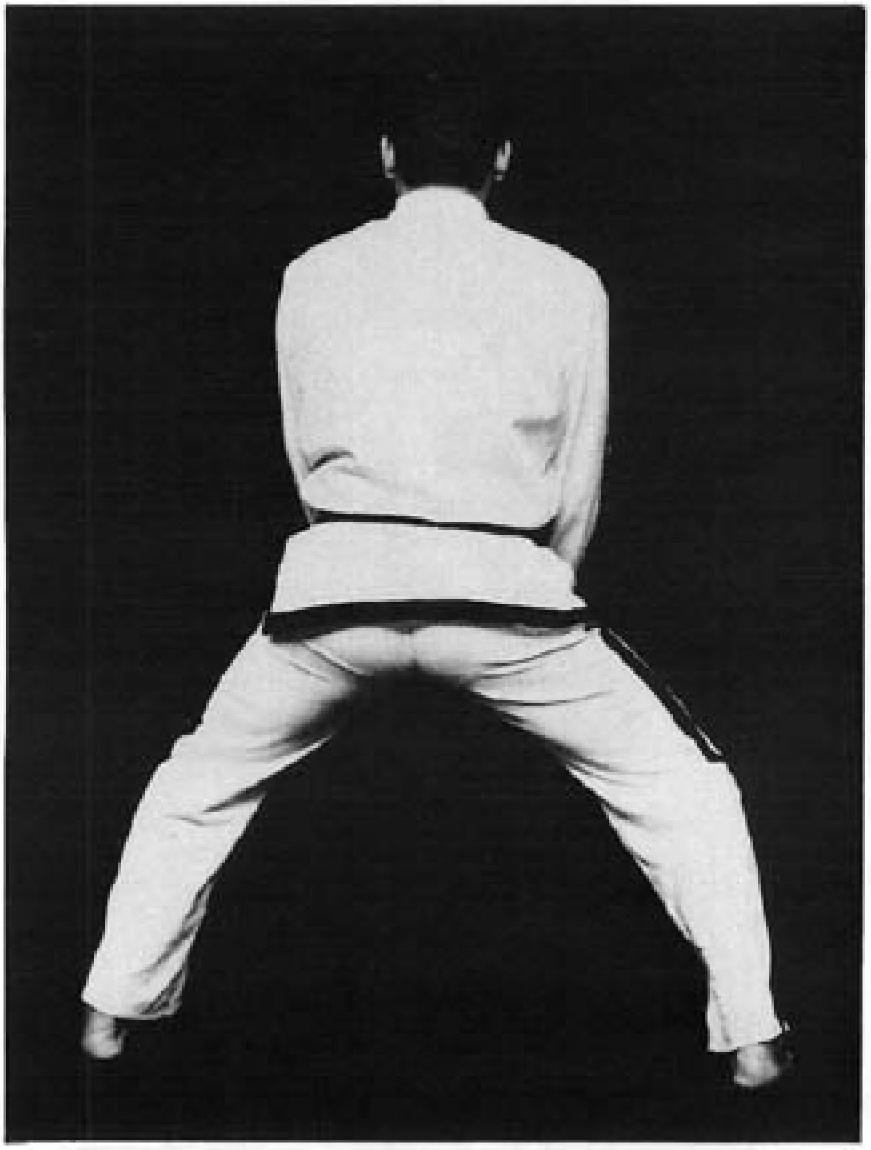


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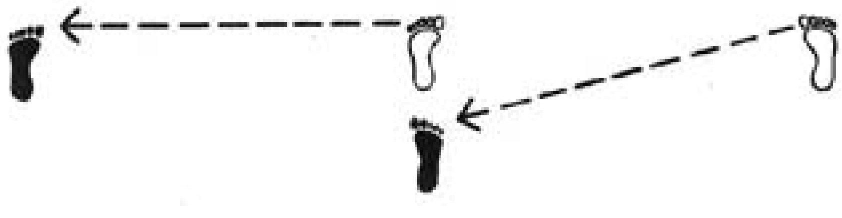


Side View

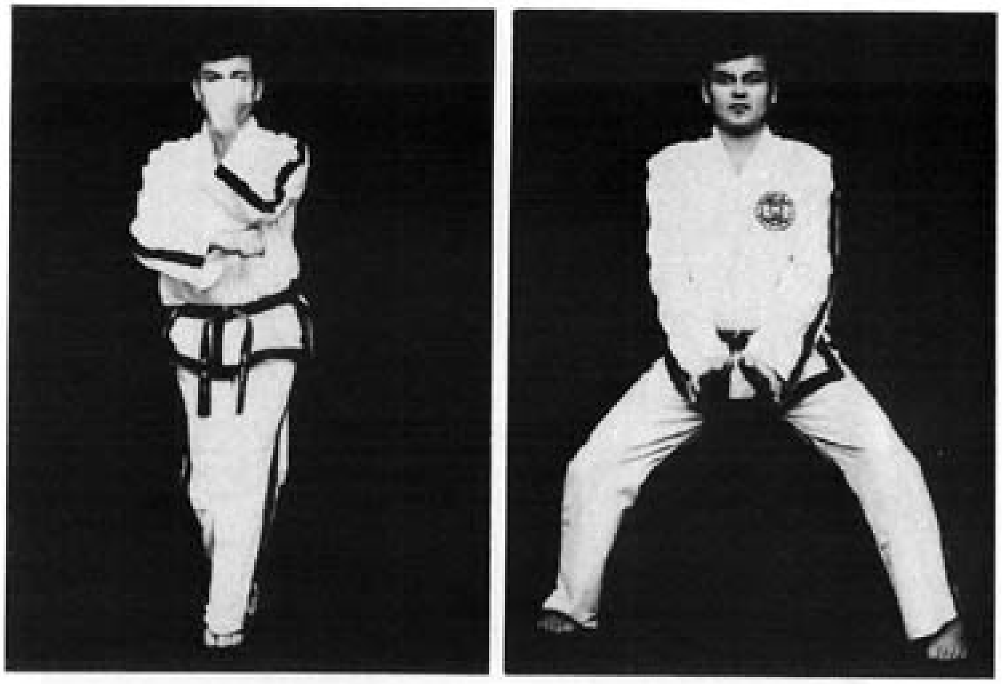
17. **Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm.**



Left diagonal stance toward C with a twin palm pressing block.



Front View



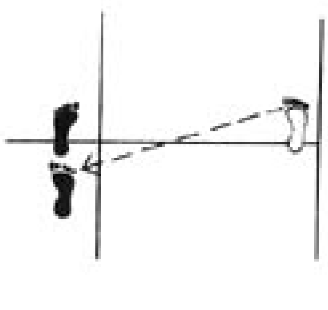
Previous Posture

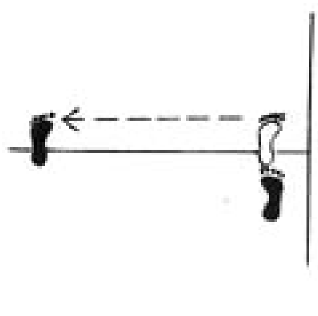




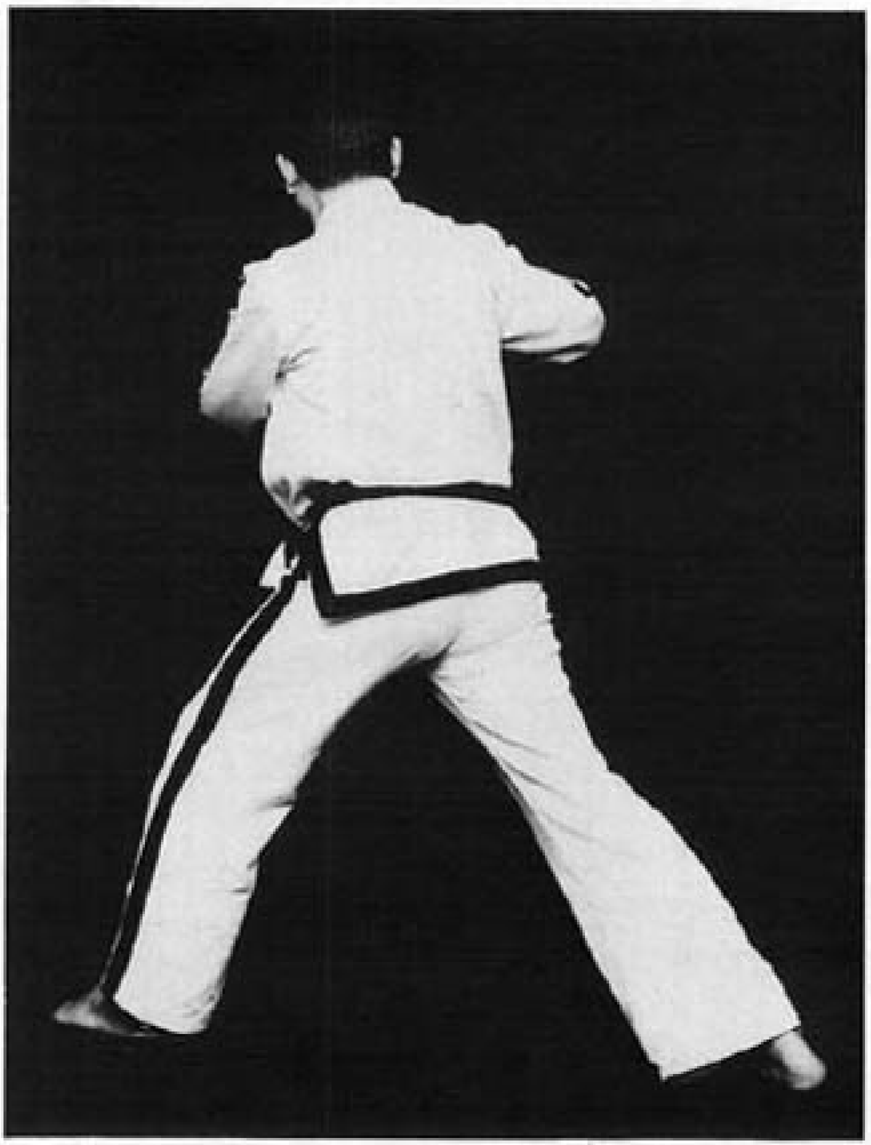








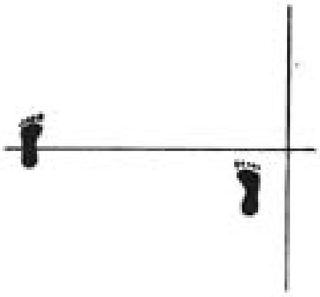
18. Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE.





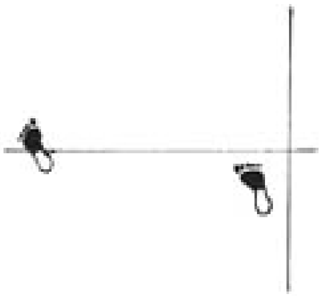
Left walking stance toward CE with a double arc-hand middle block to C.

Previous Posture



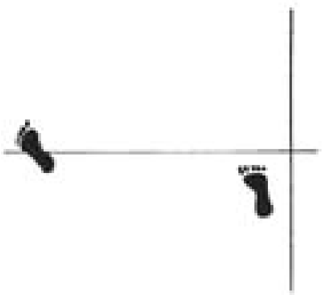


Keep both heels slightly off the ground.







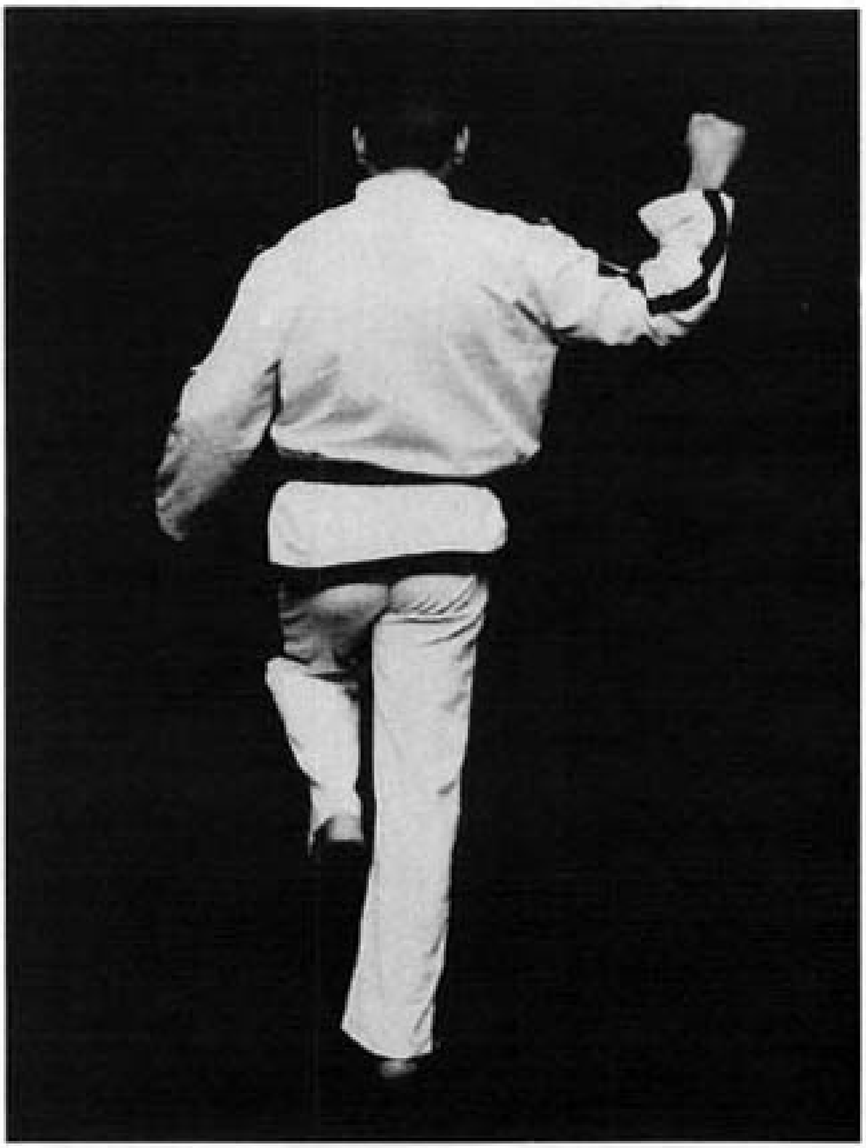






Other View

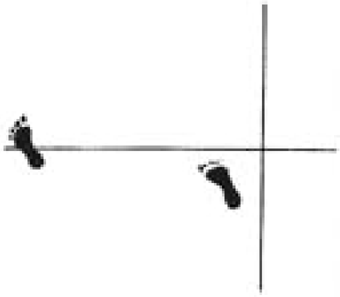
19. **Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm.**



Right one-leg stance toward C with a right outer forearm high side block.

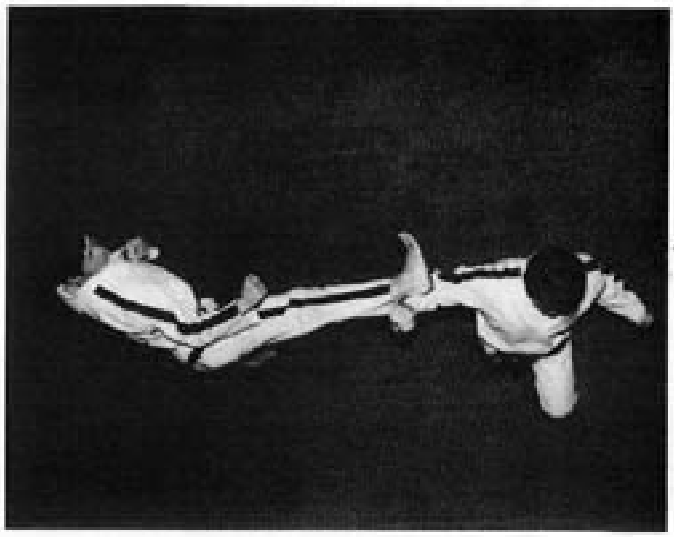


Previous Posture

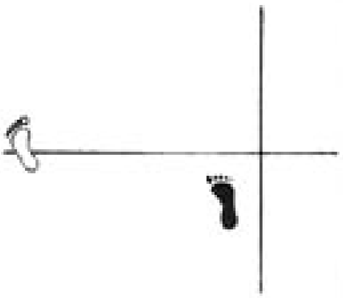


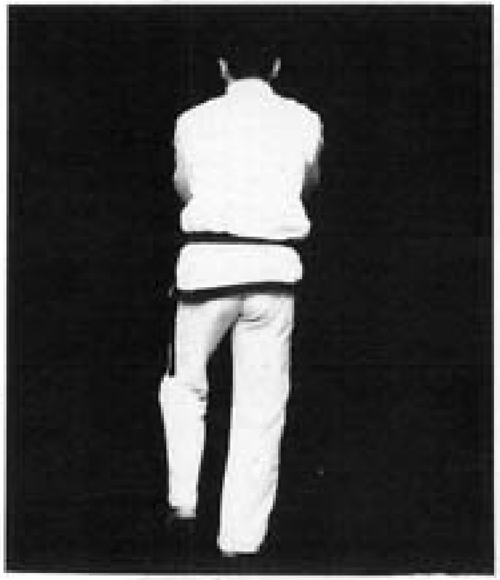


Application

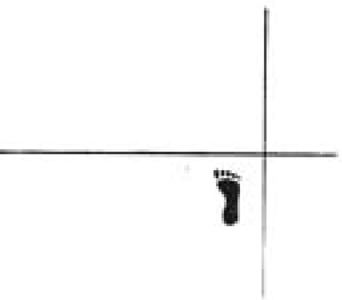


Top View





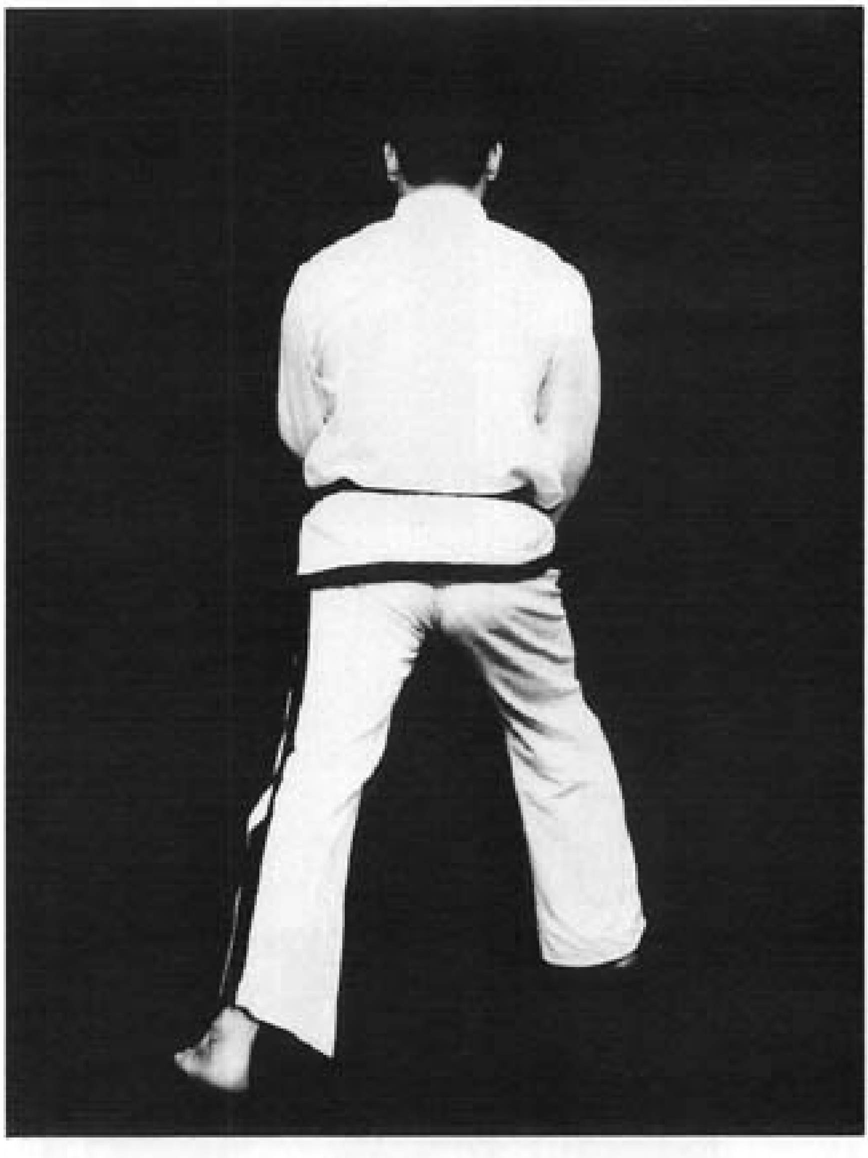
Side View







20. Lower the left foot to **D**, forming a right walking stance toward **C** while executing a pressing block with the right palm.
Perform in a slow motion.



Right walking stance toward **C** with a right palm pressing block.

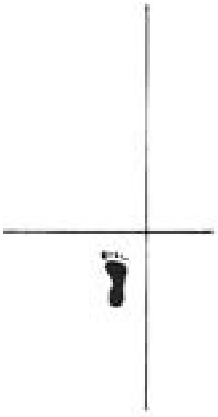


Application

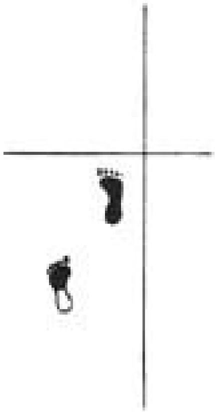


Side View

Previous Posture



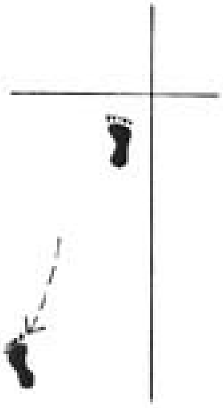






Keep the left heel slightly off the ground.



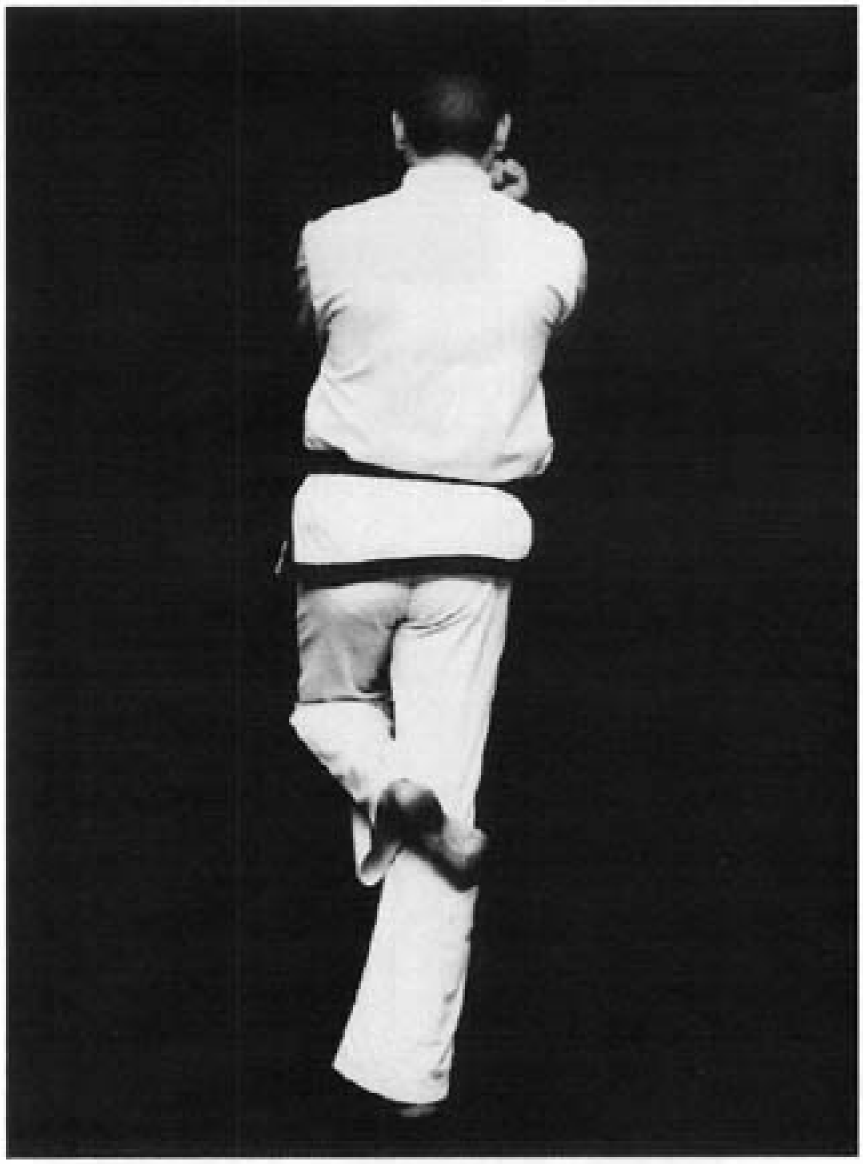


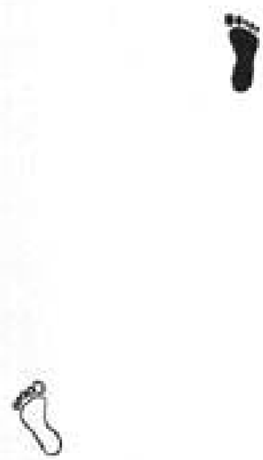




Side View

21. **Pull the left instep to the follow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm.**





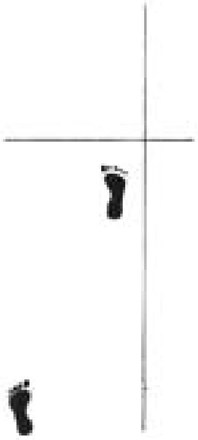
Right one-leg stance high side front strike with the right back fist toward C.

Application

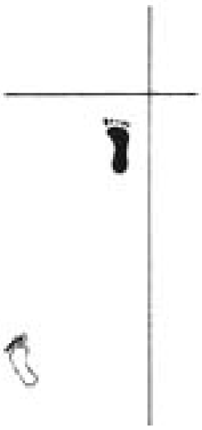


Side View

Previous Posture





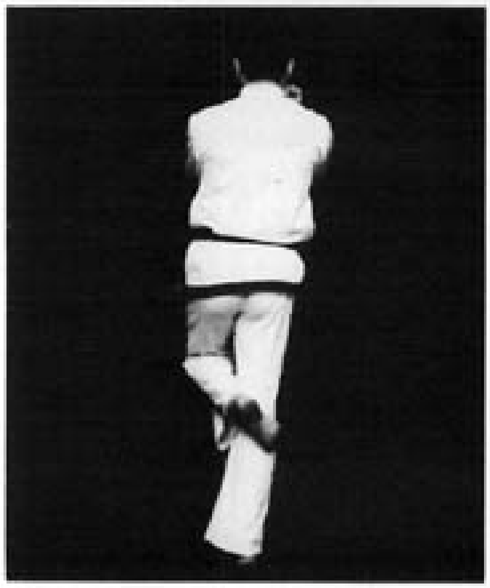






Other View







22. Lower the left foot to **C**, turning clockwise to form a right fixed stance toward **D** while thrusting to **C** with the left side elbow.





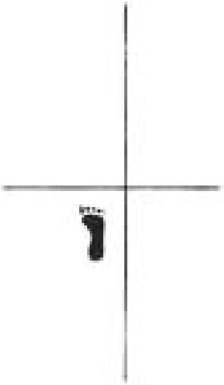
Right fixed stance toward **D** with a left side elbow thrust to **C**.

Application

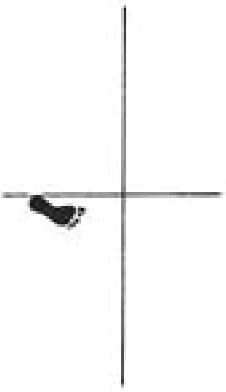


Top View

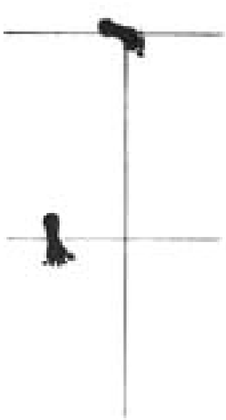
Previous Posture









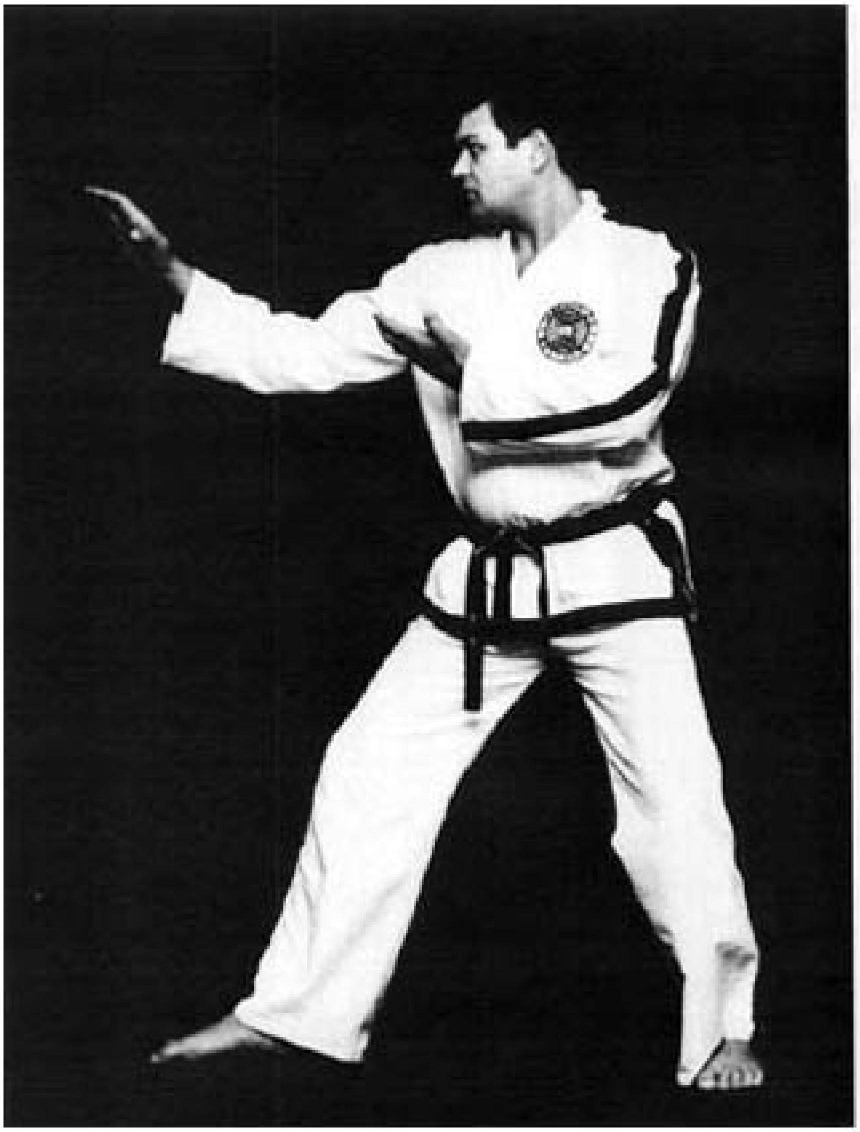


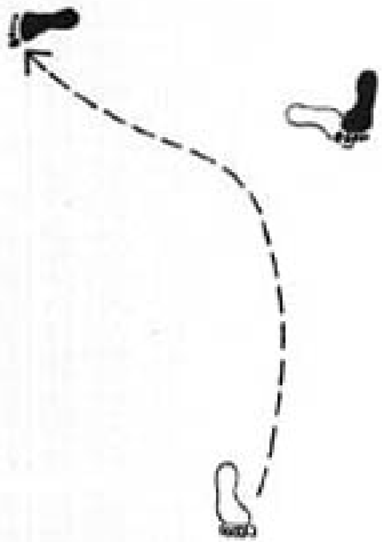


Side View



23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand.





Left L-stance knife-hand high guarding block toward A.

Application



Front view



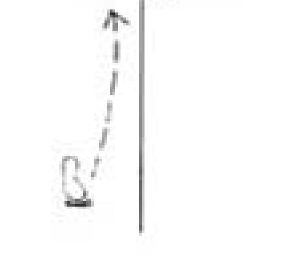
Previous Posture

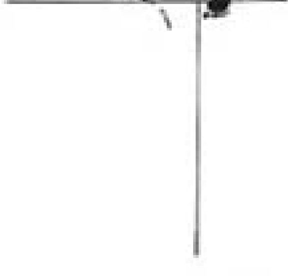




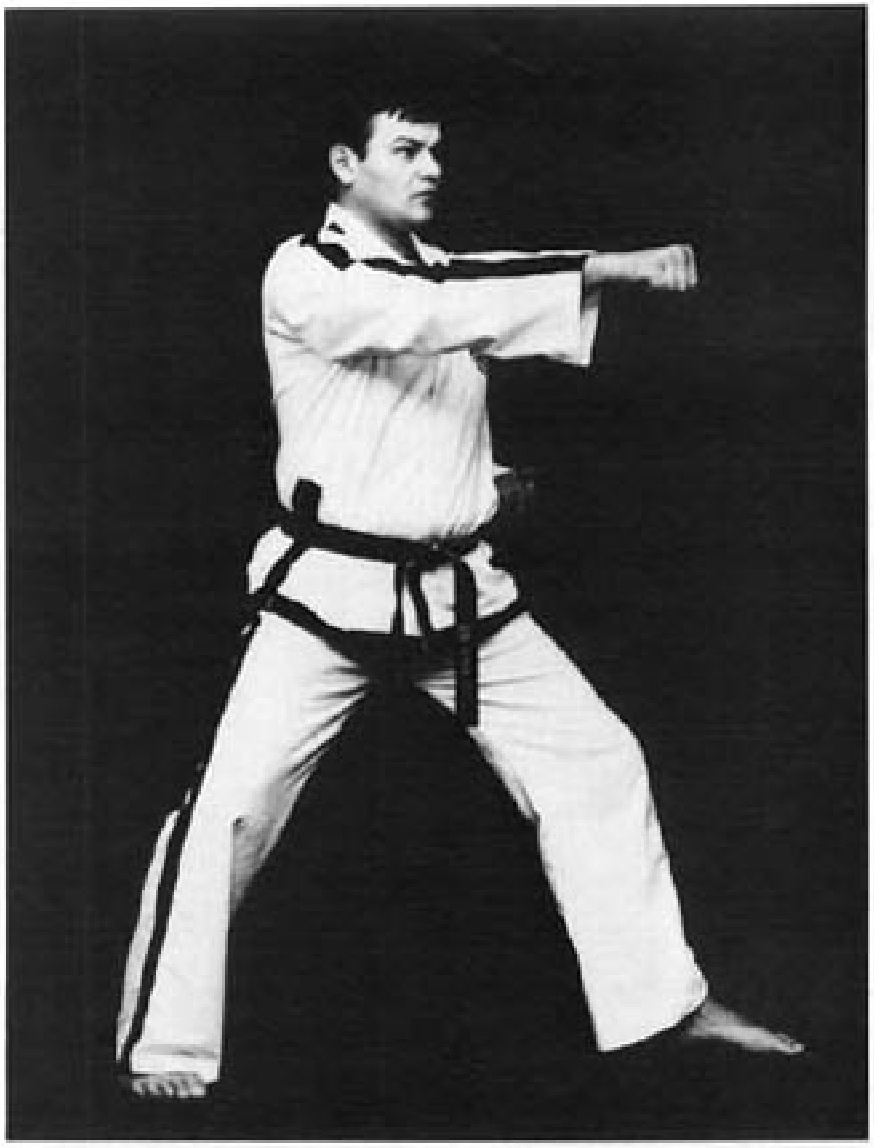








24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist.



Right L-stance middle punch with the right fist toward B.

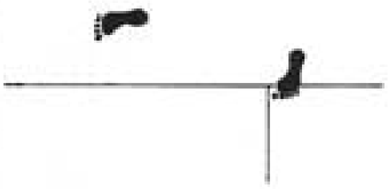


Application



Previous Posture

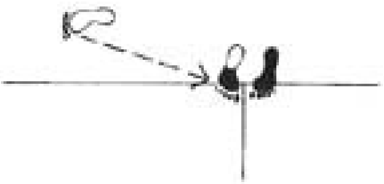


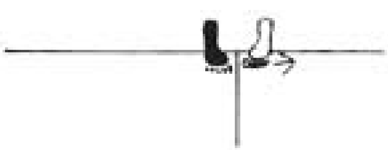








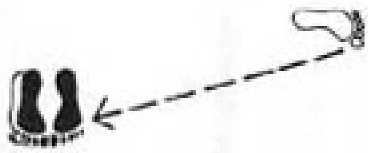






END: Bring the left foot back to a ready posture.





Close ready stance B toward D.

Top View

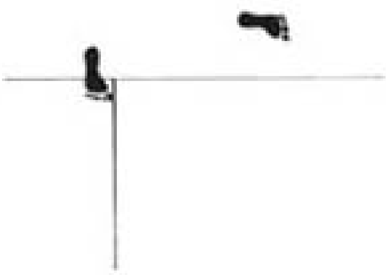


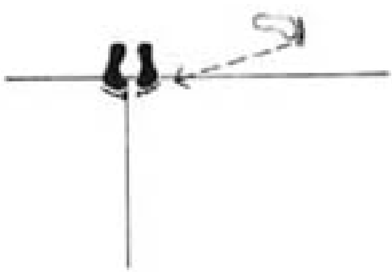
Side View

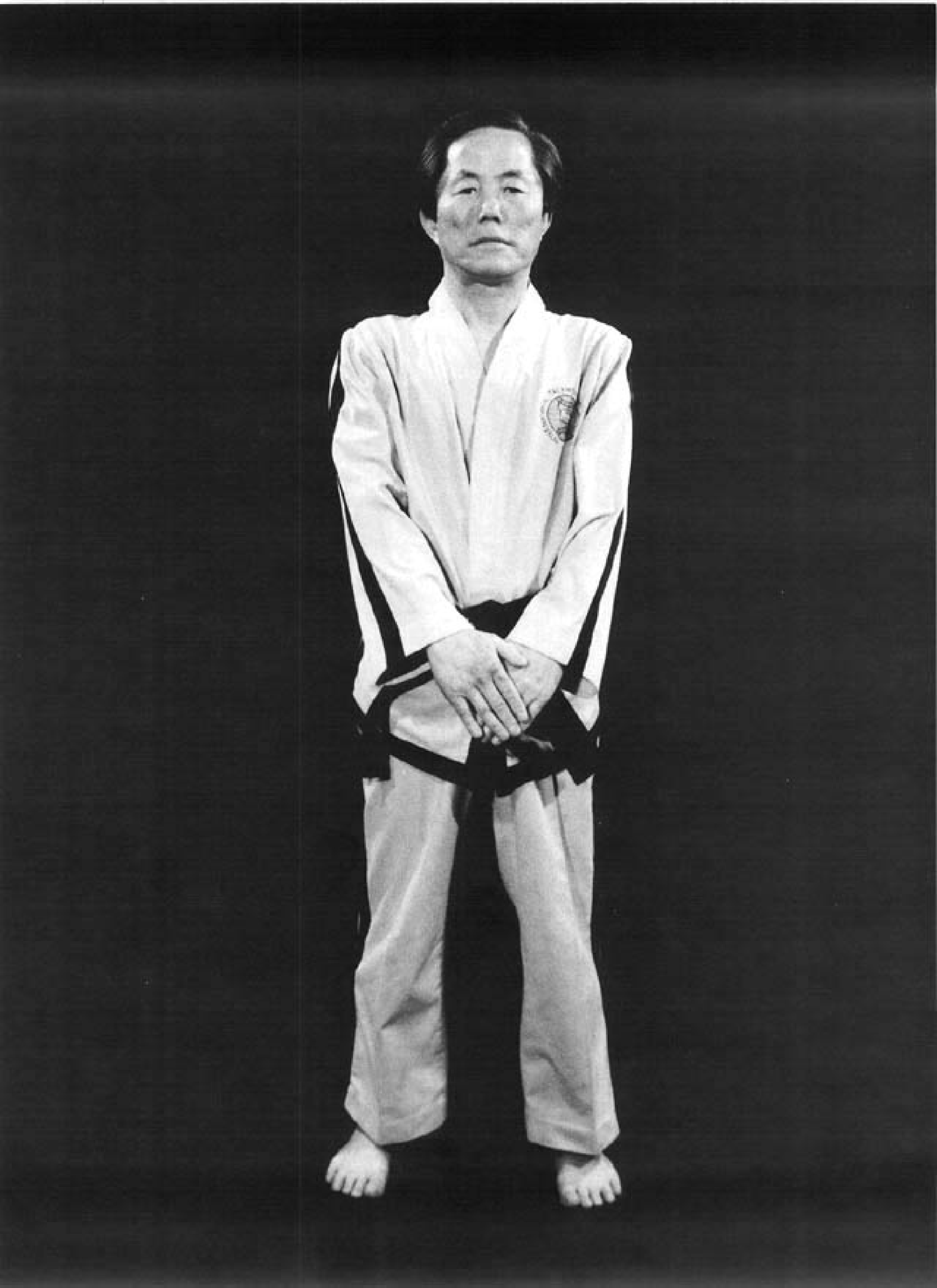












ADDITIONAL TECHNIQUES FOR PATTERN TONG-IL

Walking Stance Twin Fist Middle Punch
(Gunnun So Sang Joomuk Kaunde Jirugi)



Front View

Side View



Rear Foot Stance Forearm Middle Inward Block
(Dwitbal So Palmok Kaunde Anuro Makgi)



Front View

Side View



Walking Stance Palm Low Inward Block
(Gunnun So Sonbadak Najunde Anuro Makgi)



Front View

Side View



The palm reaches the same level as the lower abdomen of the defender.

L-Stance Back Hand High Outward Strike
(Niunja So Sondung Nopunde Bakuro Taerigi)

Front View





Side View

L-Stance Twin Palm Horizontal Block
(Niunja So Sang Sonbadak Soopyong Makgi)



Side View



The palms reach the same level at the chest of the defender.

Front View

Outward Vertical Kick *(Bakuro Sewo Chagi)*



Side View



Front View

The foot reaches the shoulder level of the attacker.

Walking Stance Reverse Knife-Hand High Obverse Side Block
(Gunnun So Sonkaldung Nopunde Baro Yop Makgi)



Front View



Side View

Walking Stance Reverse Knife-Hand Middle Reverse Side Block
(Gunnun So Sonkaldung Kaunde Bandae Yop Makgi)



Side View

Front view



Downward Kick *(Naeryo Chagi)*



Front View

Side View



L-Stance Back Fist Downward Strike *(Niunja So Dung Joomuk Naeryo Taerigi)*



Keep the elbow slightly bent.

Side View

Front View



Inward Vertical Kick *(Anuro Sewo Chagi)*



Front View

Side View



Rear Foot Stance Bow Wrist Upward Block *(Dwitbal So Sonmokdung Ollyo Makgi)*



The blocking tool reaches the same level of the defender's solar plexus.

Side View

Front View



Walking Stance Angle Fingertip High Thrust
(Gunnun So Homi Sonkut Nopunde Tulgi)





Side View

L-Stance Reverse Knife-Hand Low Guarding Block
(Niunja So Sonkaldung Najunde Daebi Makgi)



Front View



The blocking tool reaches the target in a circular motion.

Sitting Stance Outer Forearm Sliding W-Shape Block
(Annun So Bakat Palmok Mikulmyo San Makgi)



Side View



Front View

Walking Stance Under Fist Front Strike
(Gunnnun So Mit Joomuk Ap Taerigi)



Front View

Side View



Walking Stance Knife-Hand Circular Block
(Gunnun So Sonkal Dollimyo Makgi)



Side View

Front View



Close Stance Twin Side Back Elbow Thrust
(Moa So Sang Yopdwi Palkup Tulgi)

Front View





Back View

Walking Stance Palm Middle Pushing Block
(Gunnun So Sonbadak Kaunde Miro Makgi)



Side View



Front View

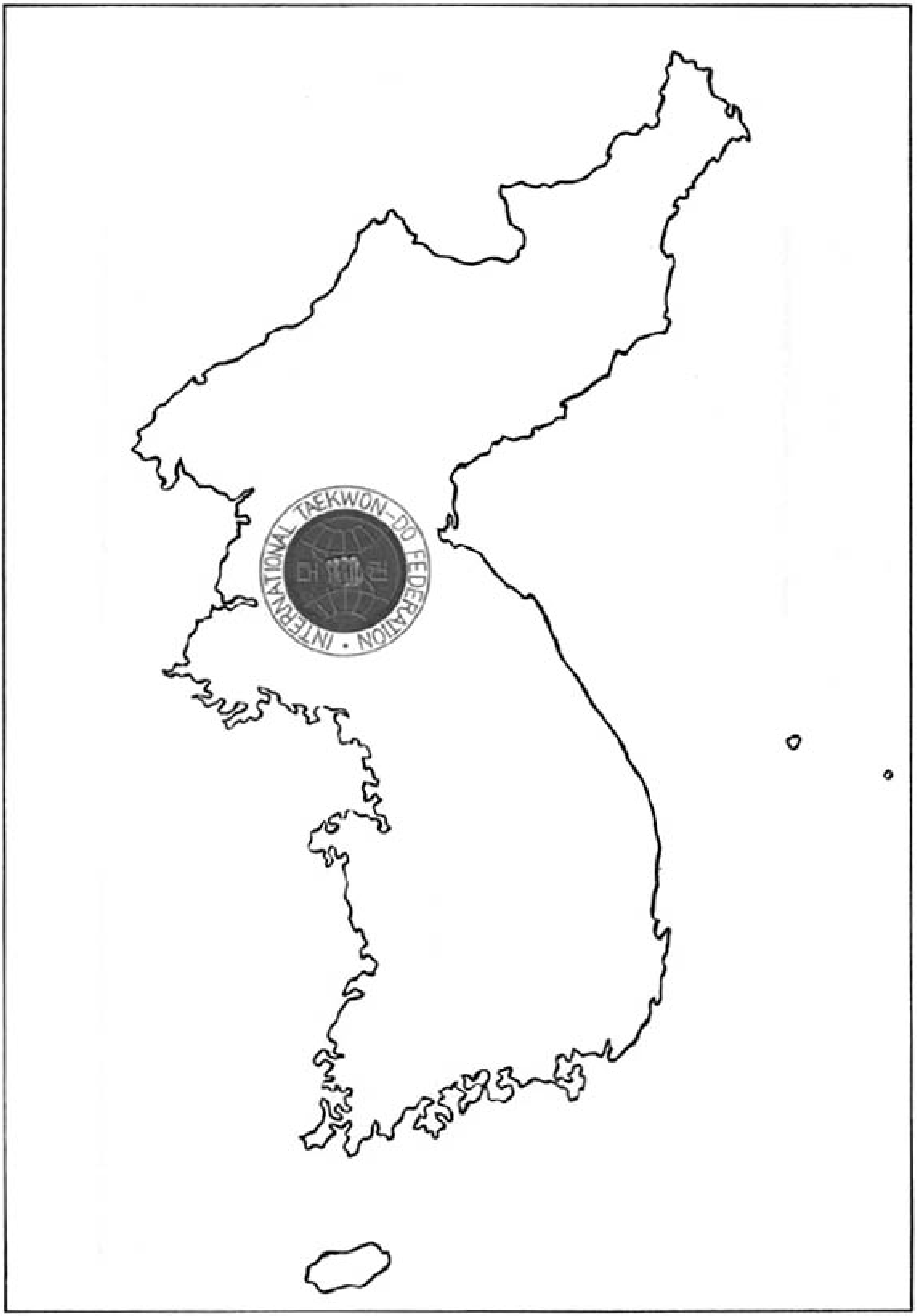
Sitting Stance Side Punch *(Annun So Yop Jirugi)*

Side View



Front View




INTERNATIONAL TAEKWON-DO FEDERATION

PATTERN TONG-IL

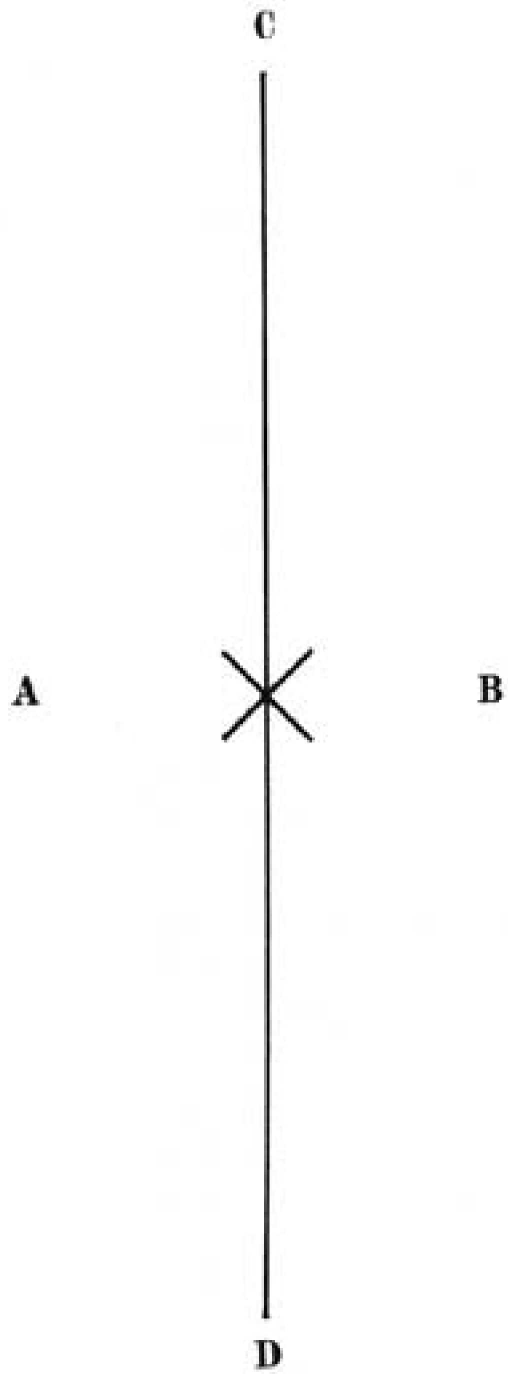
This pattern is practised by the 6th degree.

DIAGRAM: |

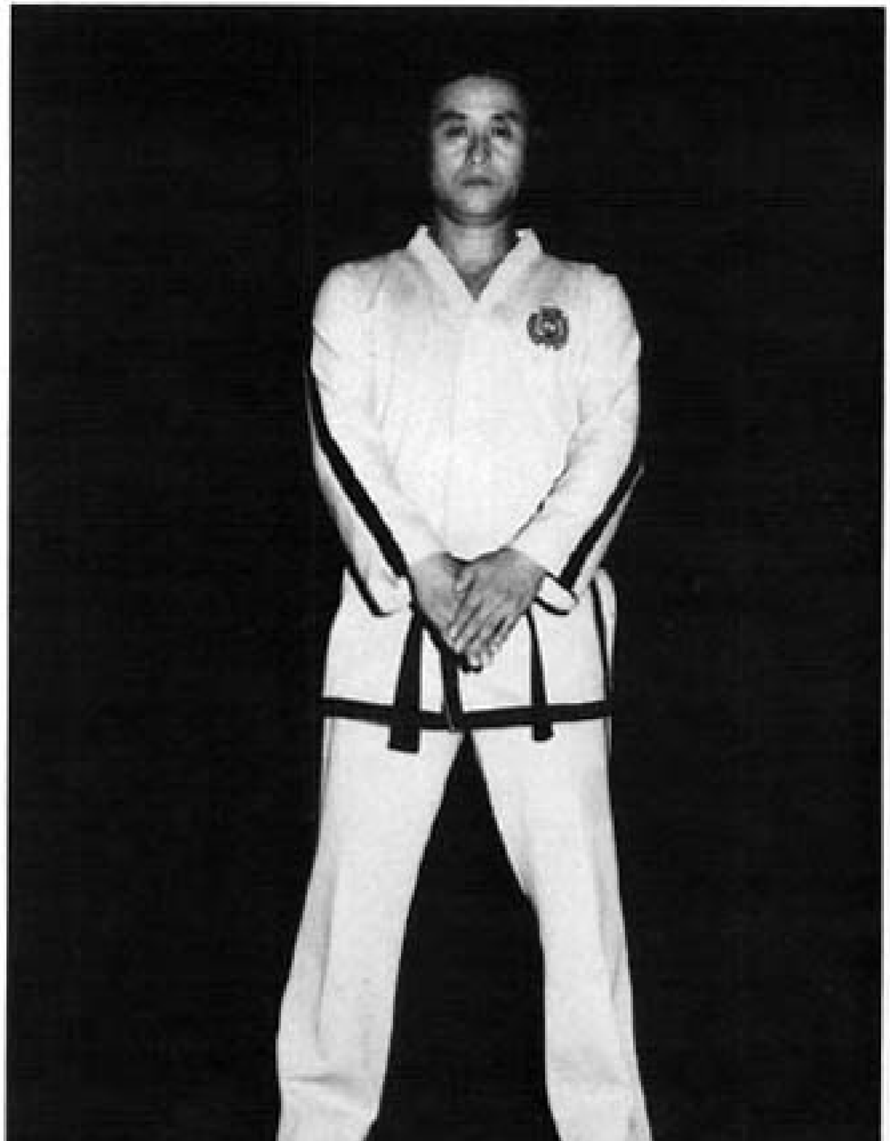
MOVEMENTS: 56

READY POSTURE: SEE PICTURE

DIAGRAM *(Yon Moo Son)*



Ready Posture ***(Junbi Jase)***

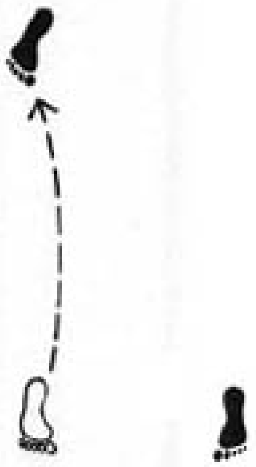




Parallel stance toward D

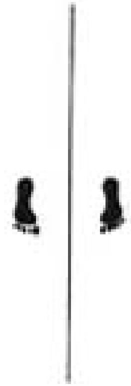
1. Move the right foot to C to form a left walking stance toward D while executing a middle punch with a twin fist to D.
Perform in a slow motion.





Left walking stance middle punch with a twin fist toward D.

Previous Posture

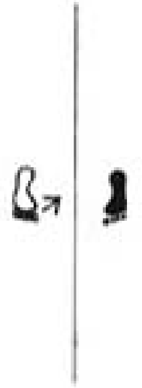




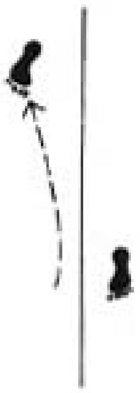
Application



Top View





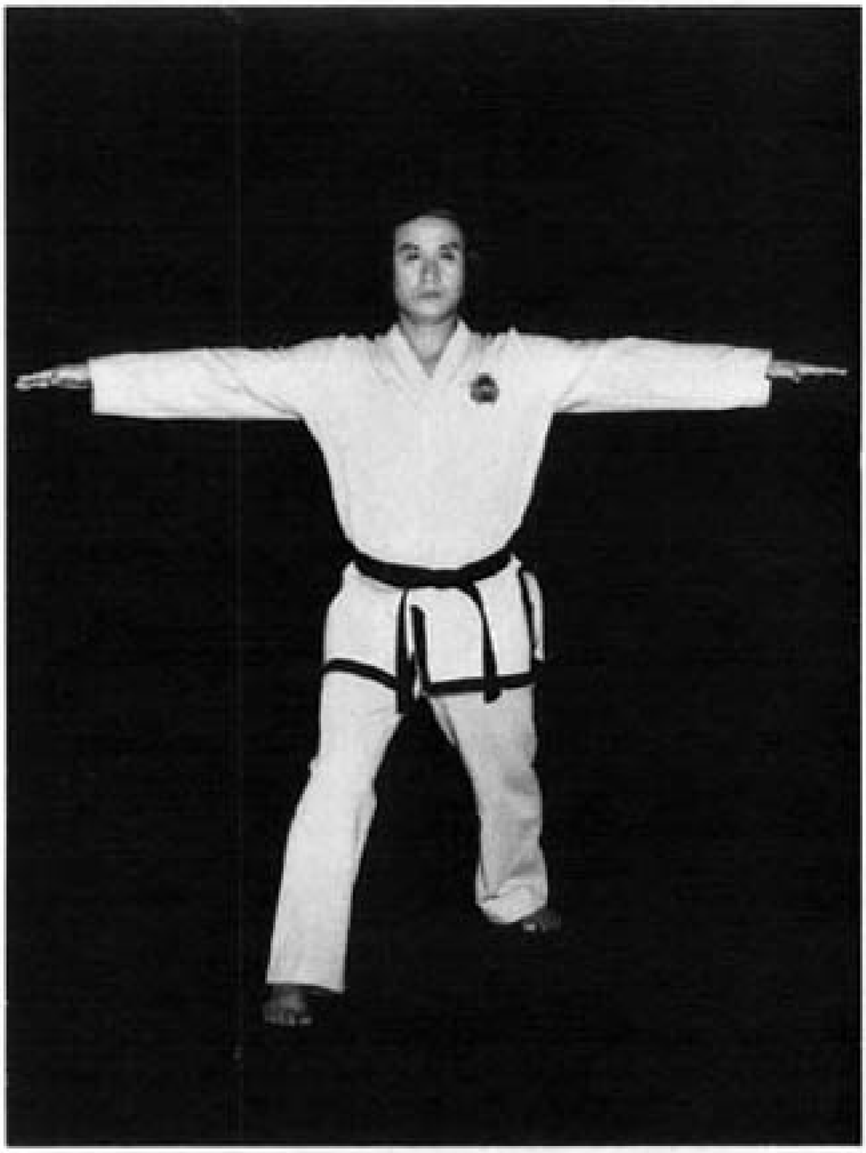


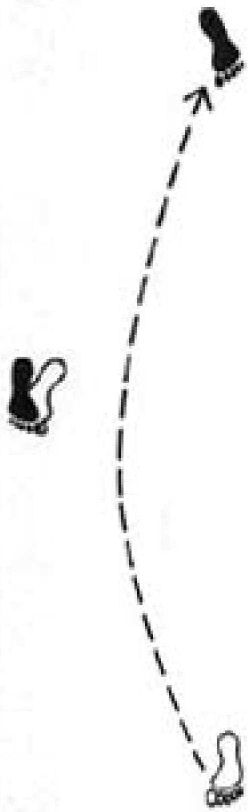


Side View



2. **Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand.**
Perform in a slow motion.





Right walking stance toward D with a twin knife-hand horizontal strike.

Previous Posture



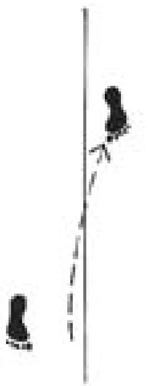


Application







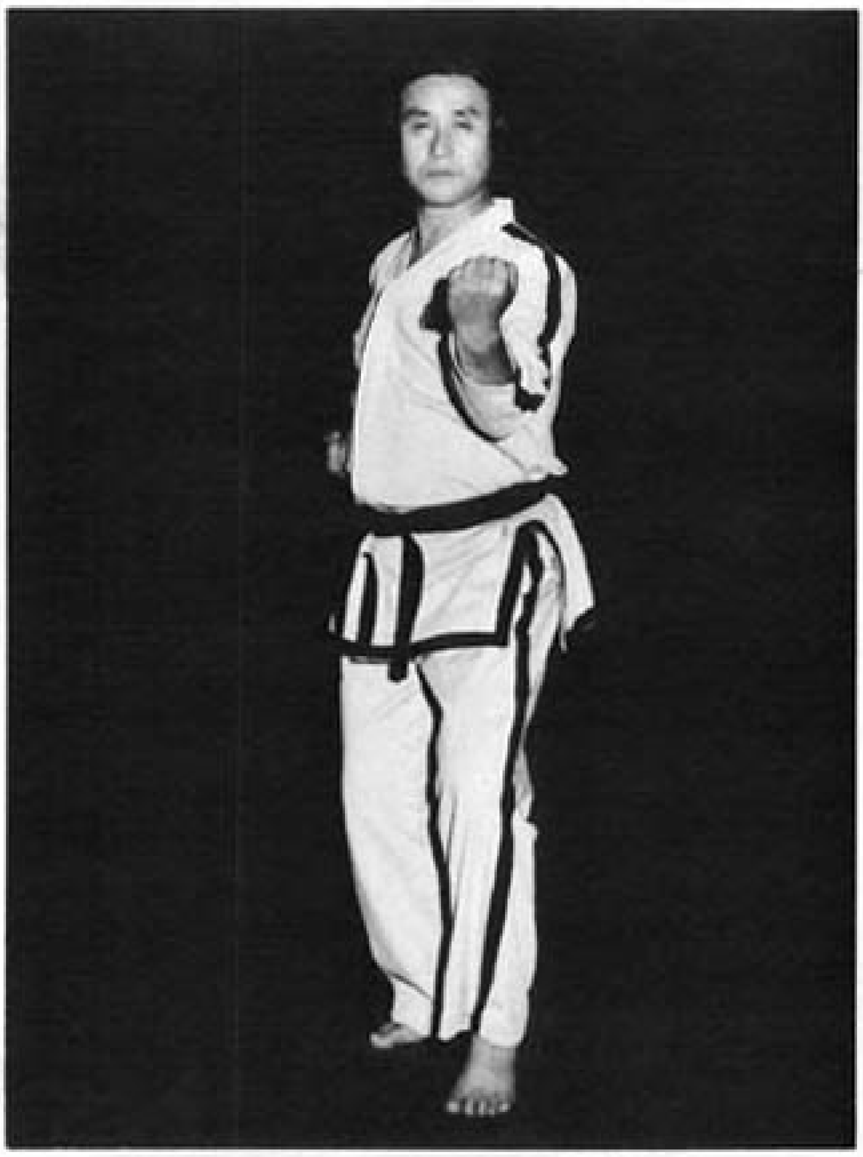


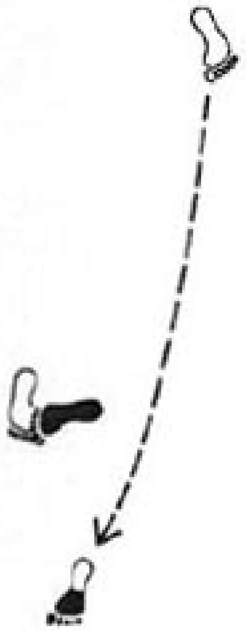


Side View



3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm.





Right rear foot stance middle inward block with a left outer forearm toward D.

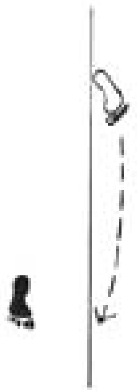
Previous Posture





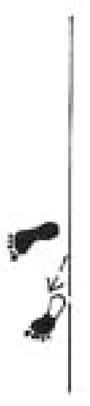
Application









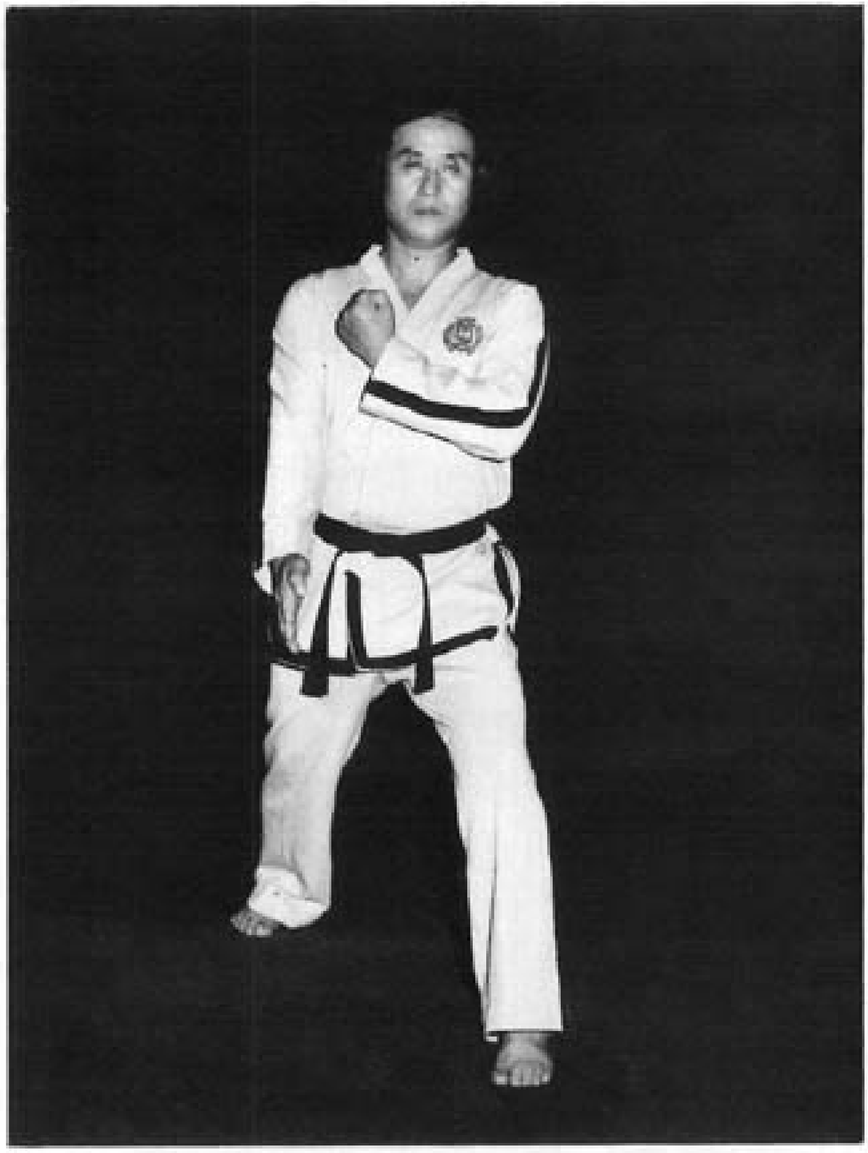


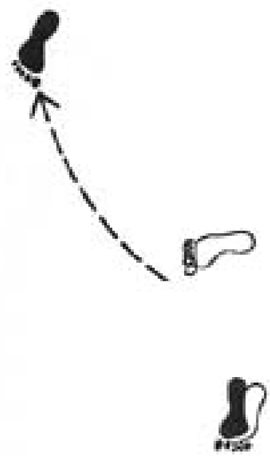




Side View

4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder.





Left walking stance low inward block with the right palm toward D.

Previous Posture

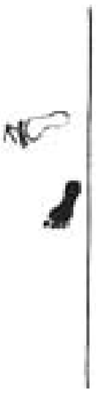




Application



Side View





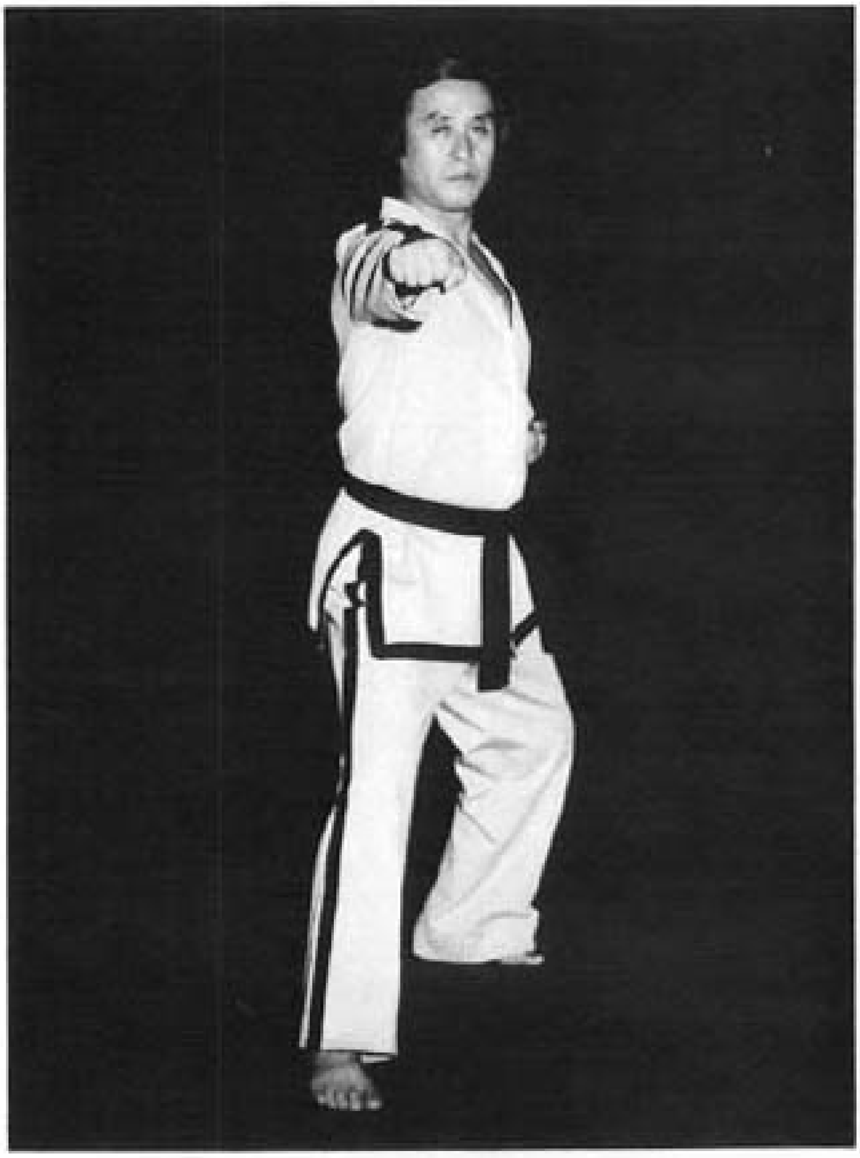




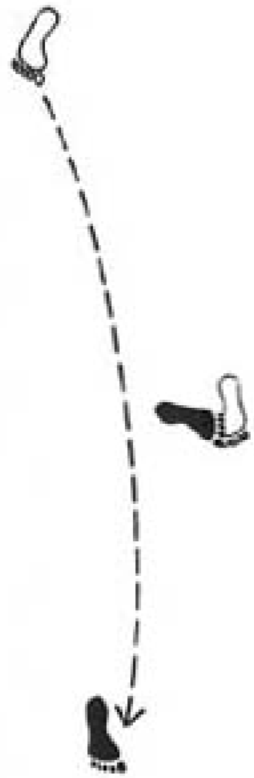
Side View



5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.



Left L-stance middle punch with the right fist toward D.



Application

Previous Posture







Side View







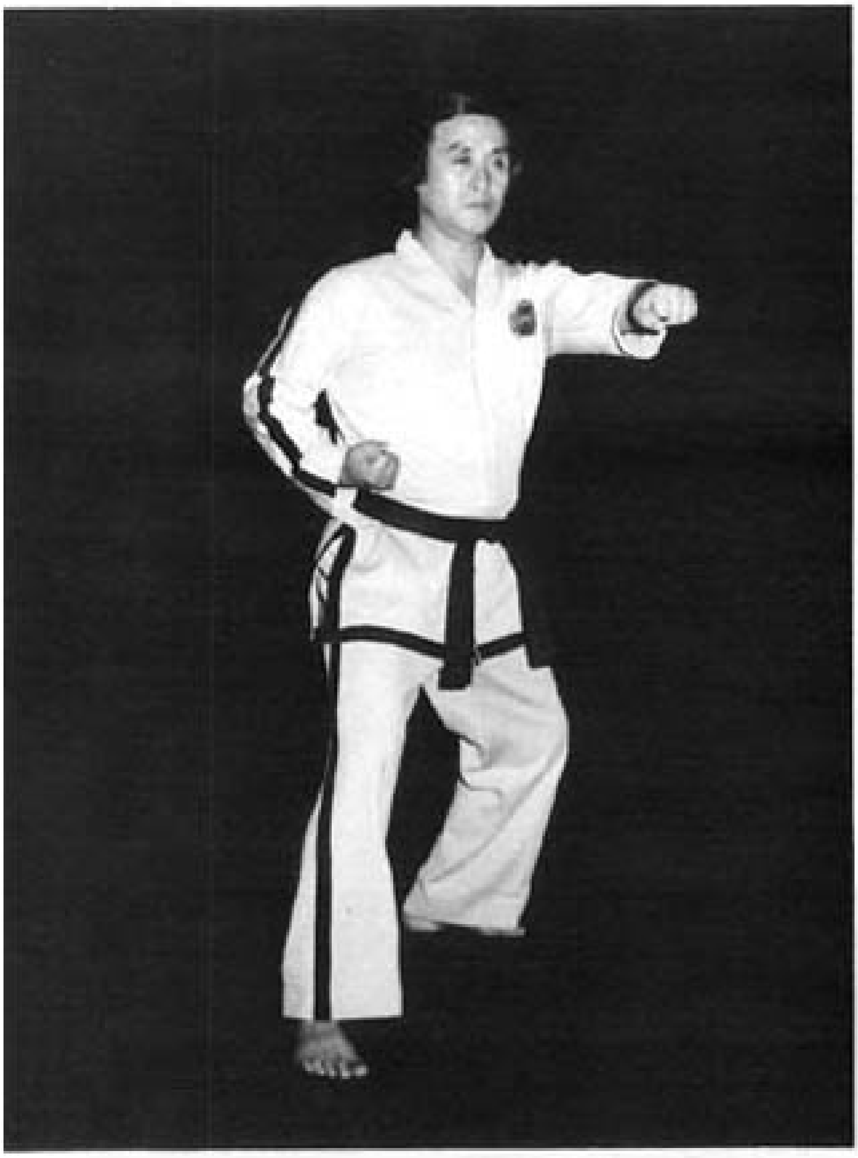






Side View

6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion.





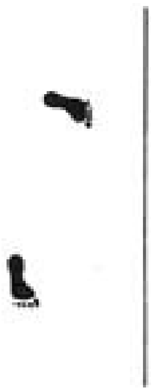
Left L-stance middle punch with the left fist toward D.

Previous Posture





Raise the body slightly







Side View





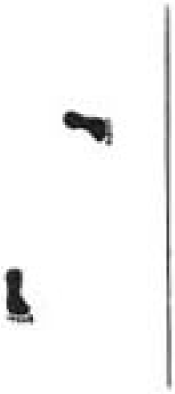
7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high strike to D with the left back hand.





Right L-stance high strike with the left back hand toward D.

Previous Posture





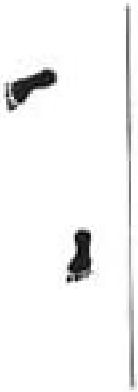
Application



Side View











Side View

8. Execute an inward vertical kick to the left palm with the right reverse footsword.





Inward vertical kick to D with the right reverse footsword.

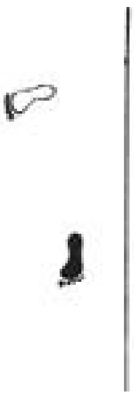
Previous Posture





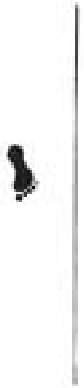
Application















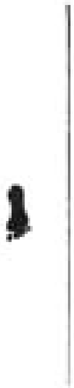
Side View

9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high strike to D with the right back hand.



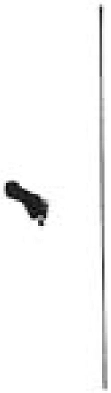


Left L-stance high strike with the right back hand toward D.





Previous Posture





Top View







Application



Top View

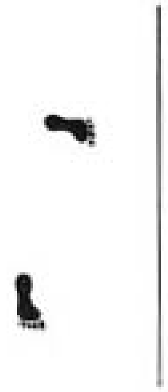
10. Execute an inward vertical kick to the right palm with the left reverse footsword.





Inward vertical kick to D with the left reverse footsword.

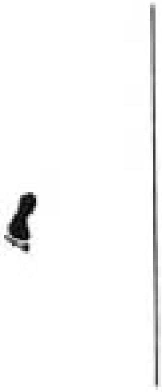
Previous Posture





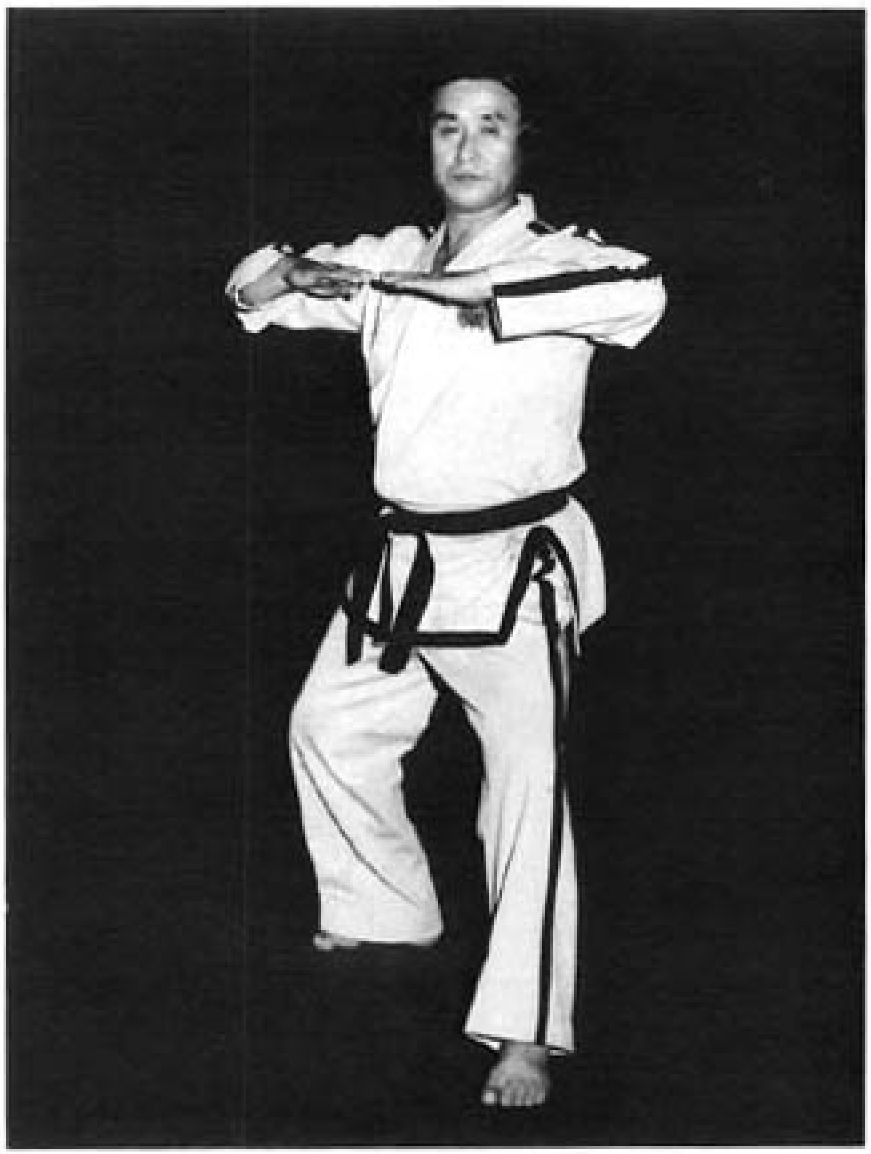








11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot.
Perform in a slow motion.





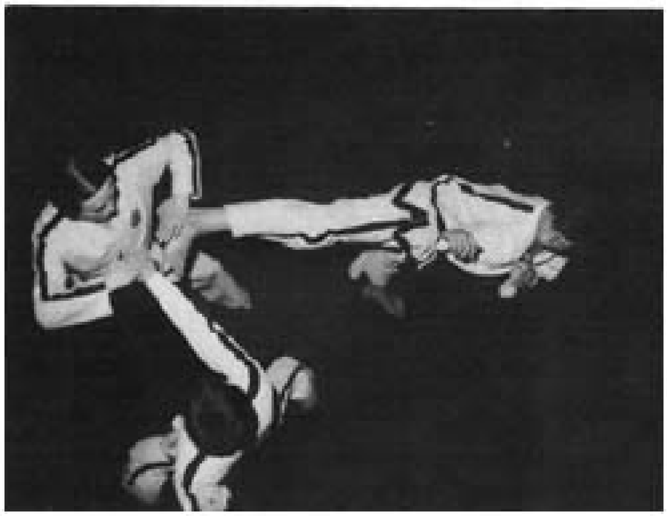
Right L-stance toward D with a twin palm horizontal block.

Previous Posture

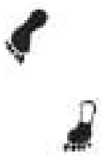




Application



Top View









Side View



12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand.
Perform in a slow motion.





Right walking stance high side block with the right reverse knife-hand toward D.

Previous Posture





Application









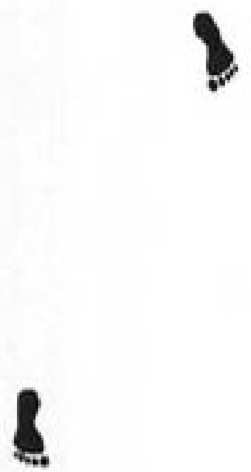


Side View

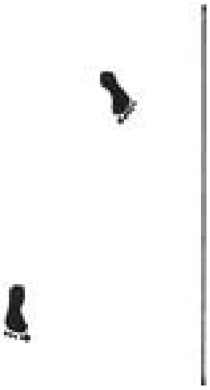


13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D.
Perform in a slow motion.





Right walking stance middle side block with the left reverse knife-hand toward D.





Previous Posture

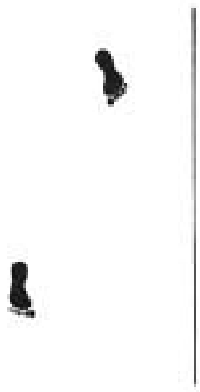
Keep the left heel slightly off the ground.







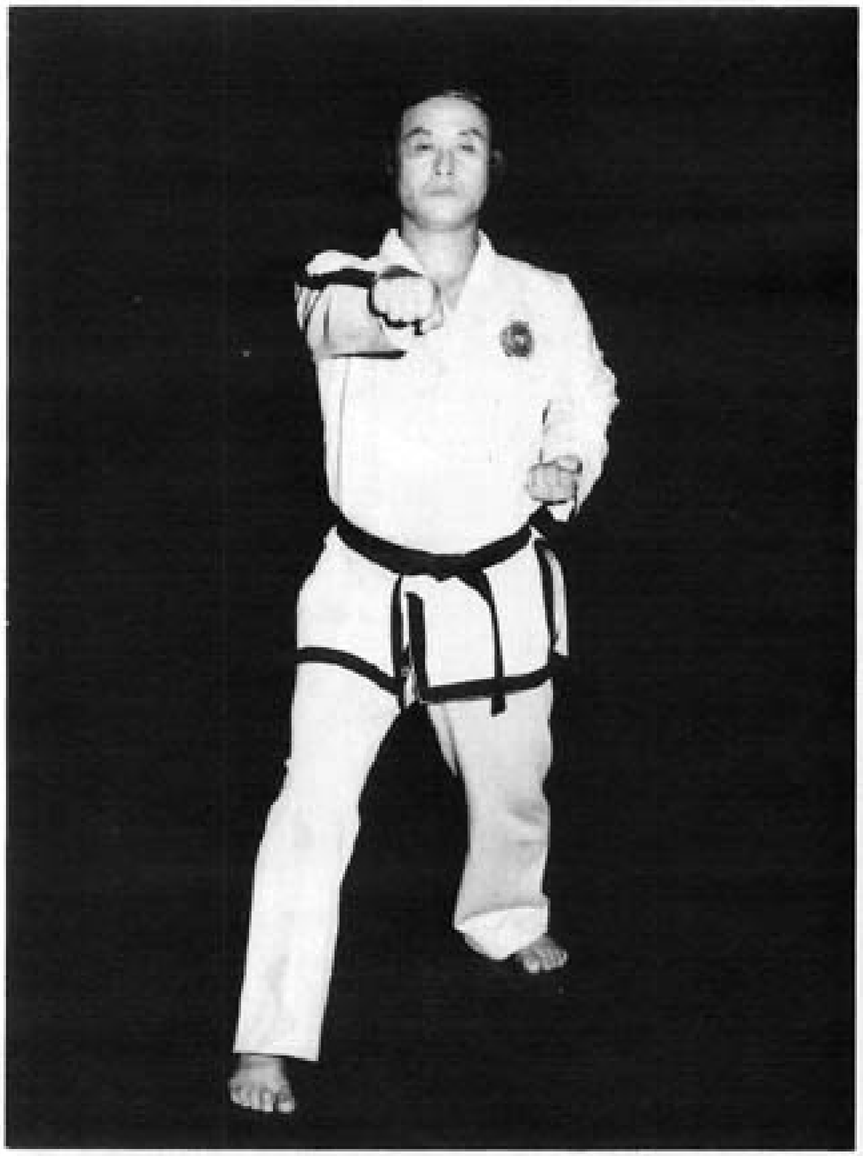
Side View

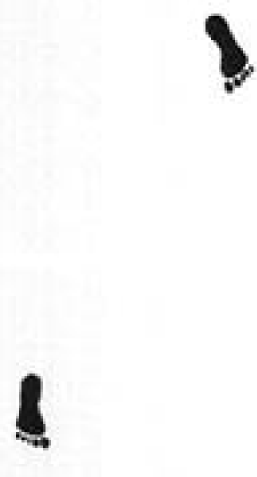






14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.



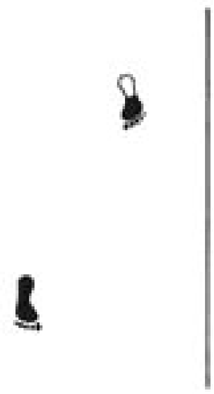


Right walking stance middle punch with the right fist toward D.





Previous Posture

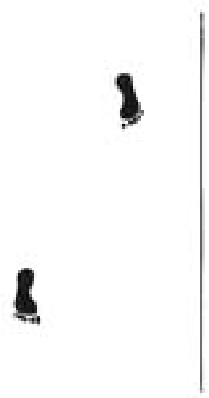


Keep the left heel slightly off the ground.



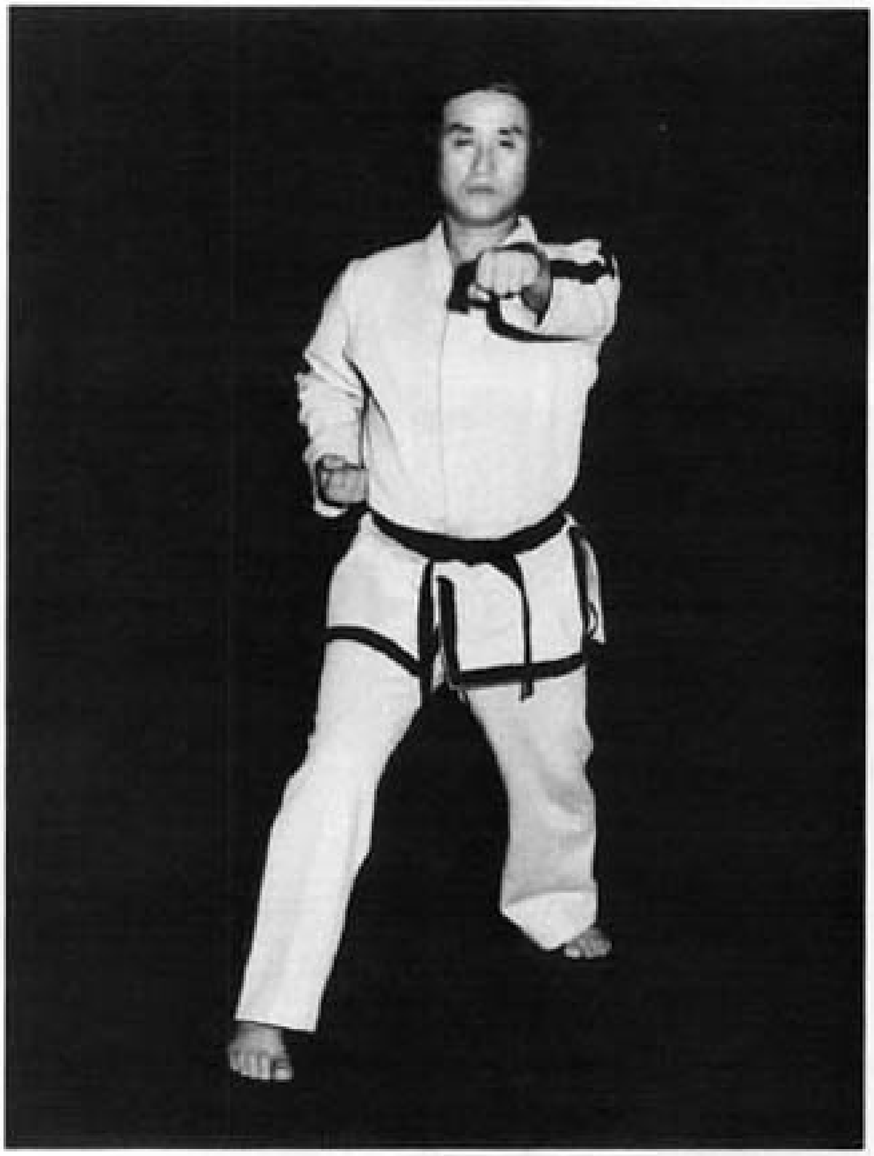


Side View



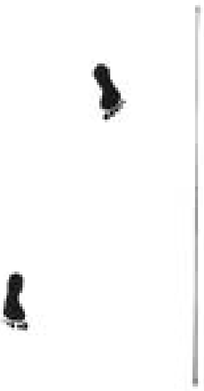


15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 14 and 15 in a fast motion.



Right walking stance middle punch with the left fist toward D.

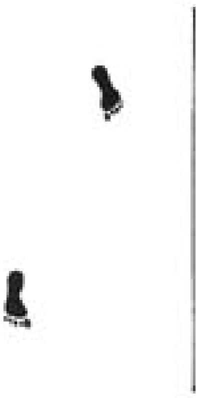






Previous Posture

Keep the left heel slightly off the ground.







Side View





Application



16. **Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15.**





Downward kick to AC with the right foot.

Application



Side View

Previous Posture











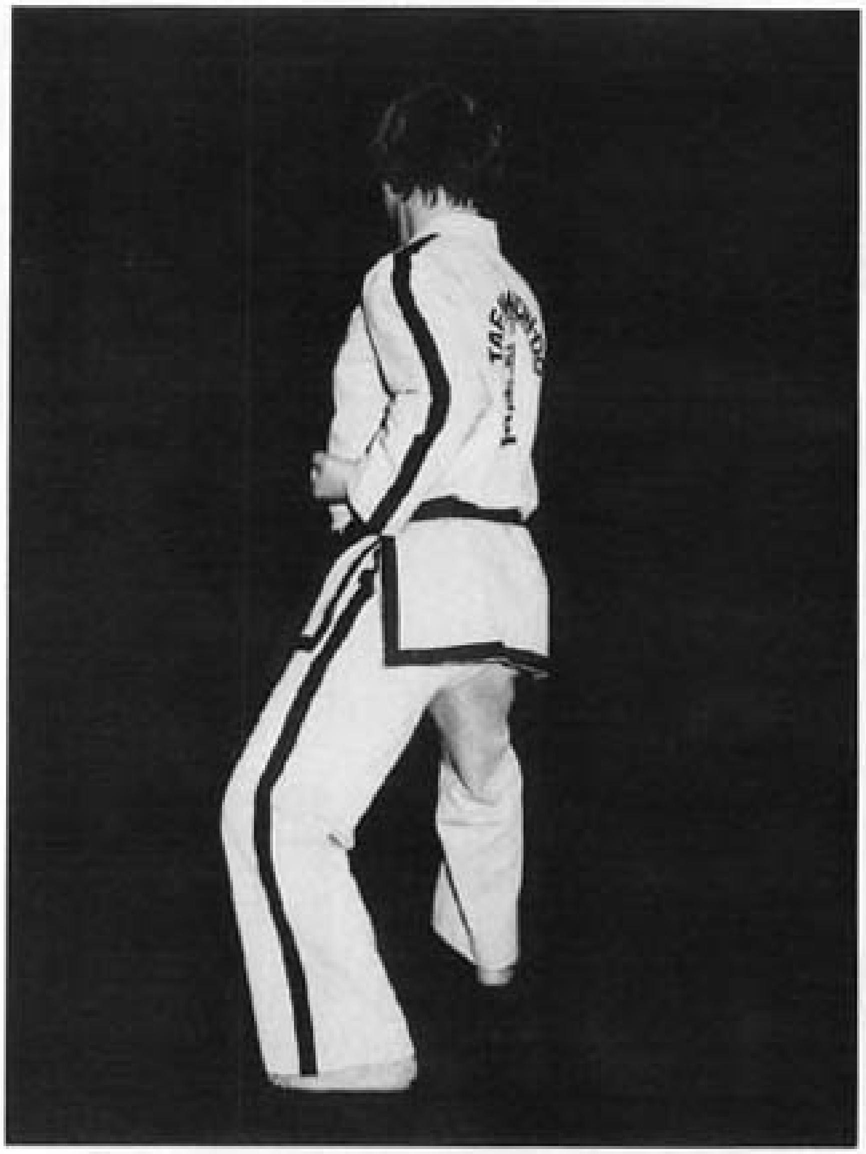
Other View







17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist.



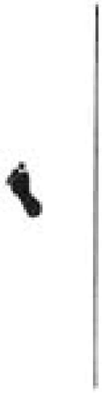
Left L-stance downward strike with the right back fist toward C.



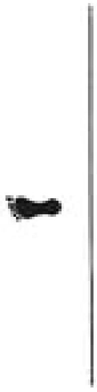
Application



Previous Posture



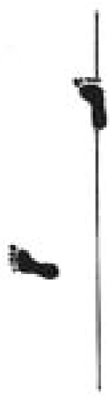








Other View







18. Execute an outward vertical kick to **BC** with the left foot, keeping the position of the hands as they were in 17.





Outward vertical kick to **BC** with the left foot.

Application

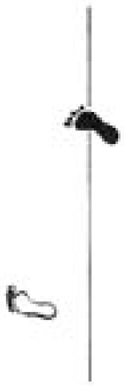


Side View

Previous Posture



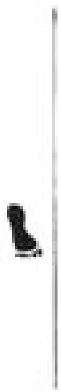








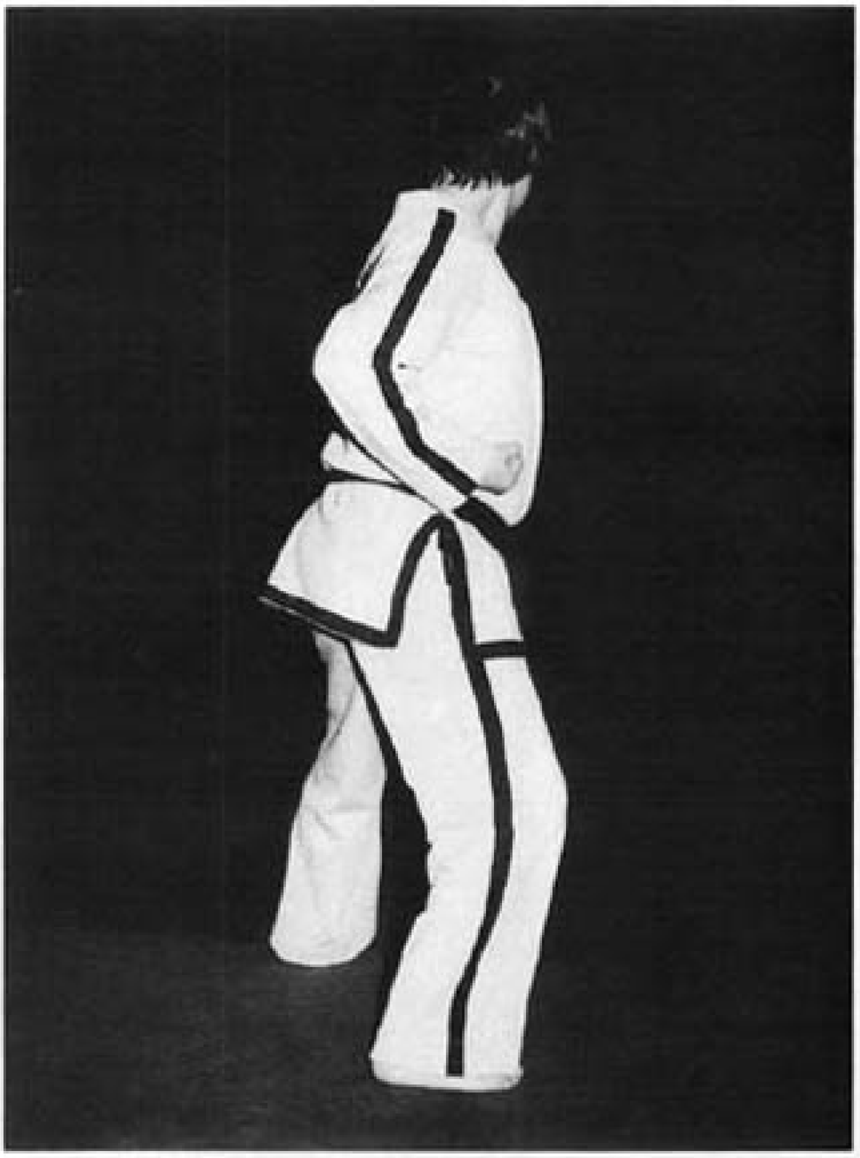
Other View







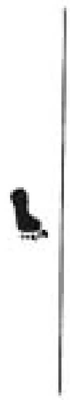
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist.



Right L-stance downward strike with the left back fist toward C.



Previous Posture





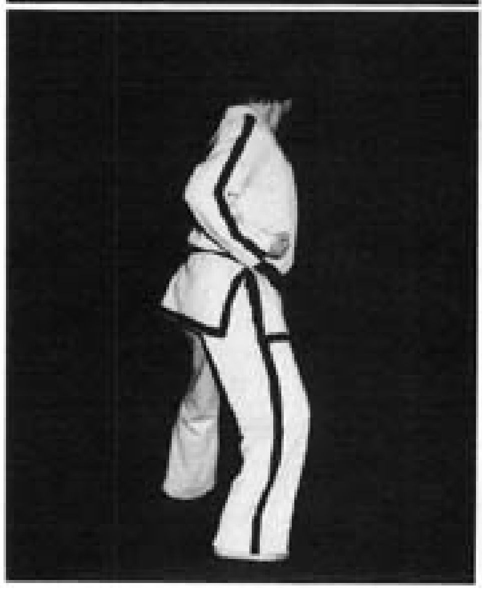
Side View









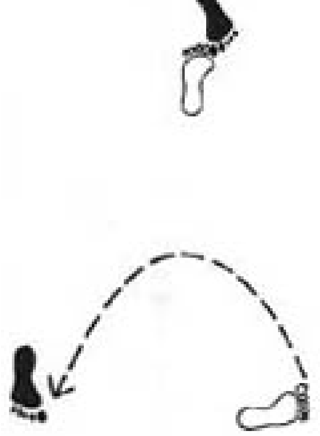




20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot.



Right walking stance high punch with the left fist toward D.



Previous Posture



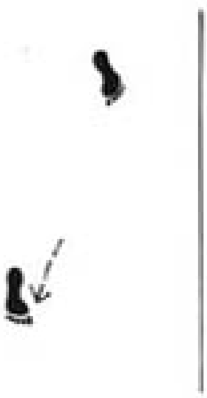






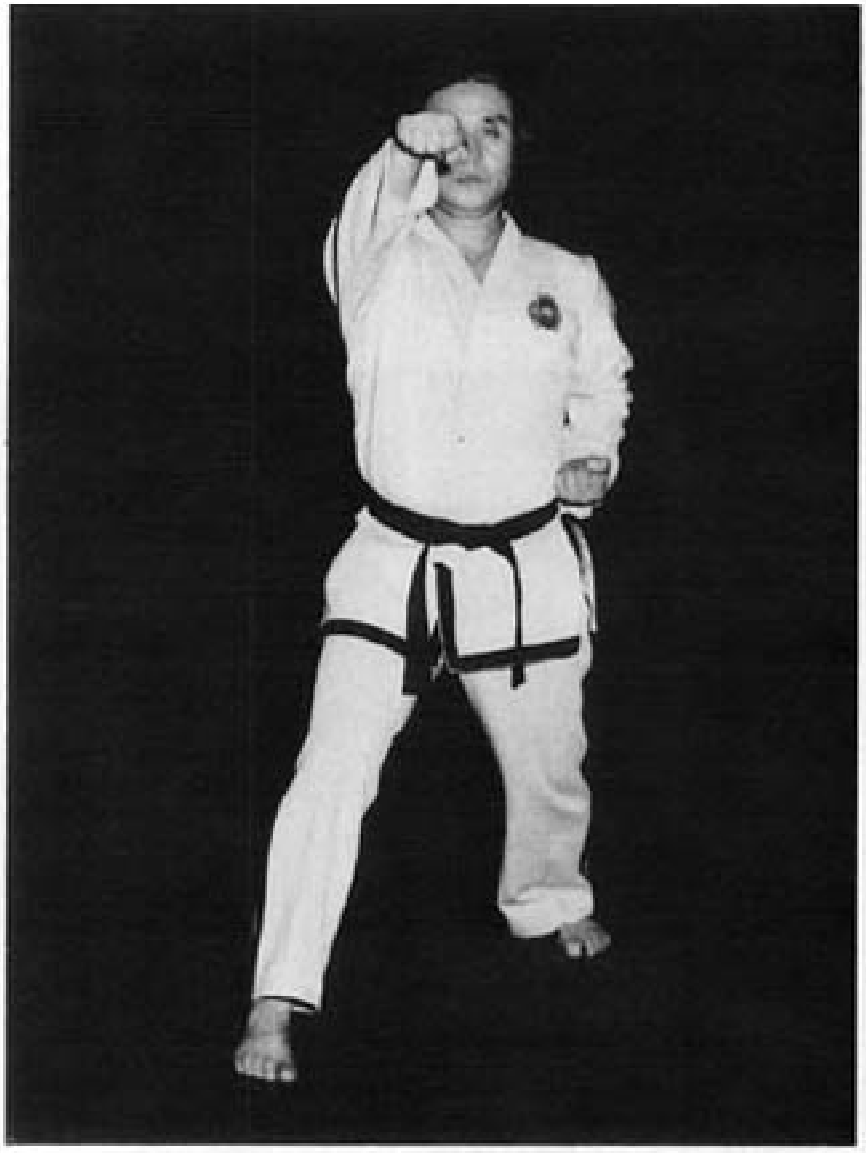
Side View







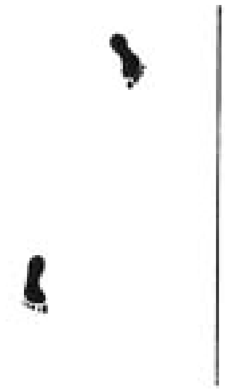
21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion.





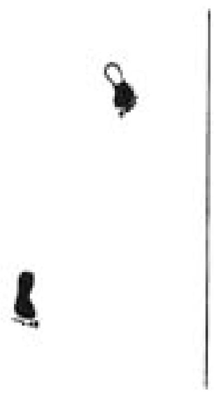
Right walking stance high punch with the right fist toward D.

Previous Posture



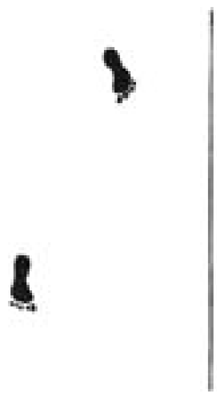


Keep the left heel slightly off the ground.













Side View

22. **Move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist.**

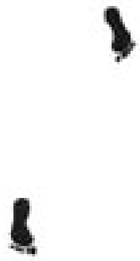




Right rear foot stance toward D with a left bow wrist upward block.

Previous Posture

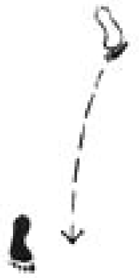




Application



Side View









Side View

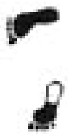


23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist.





Left rear foot stance toward D with a right bow wrist upward block.





Previous Posture





Side View

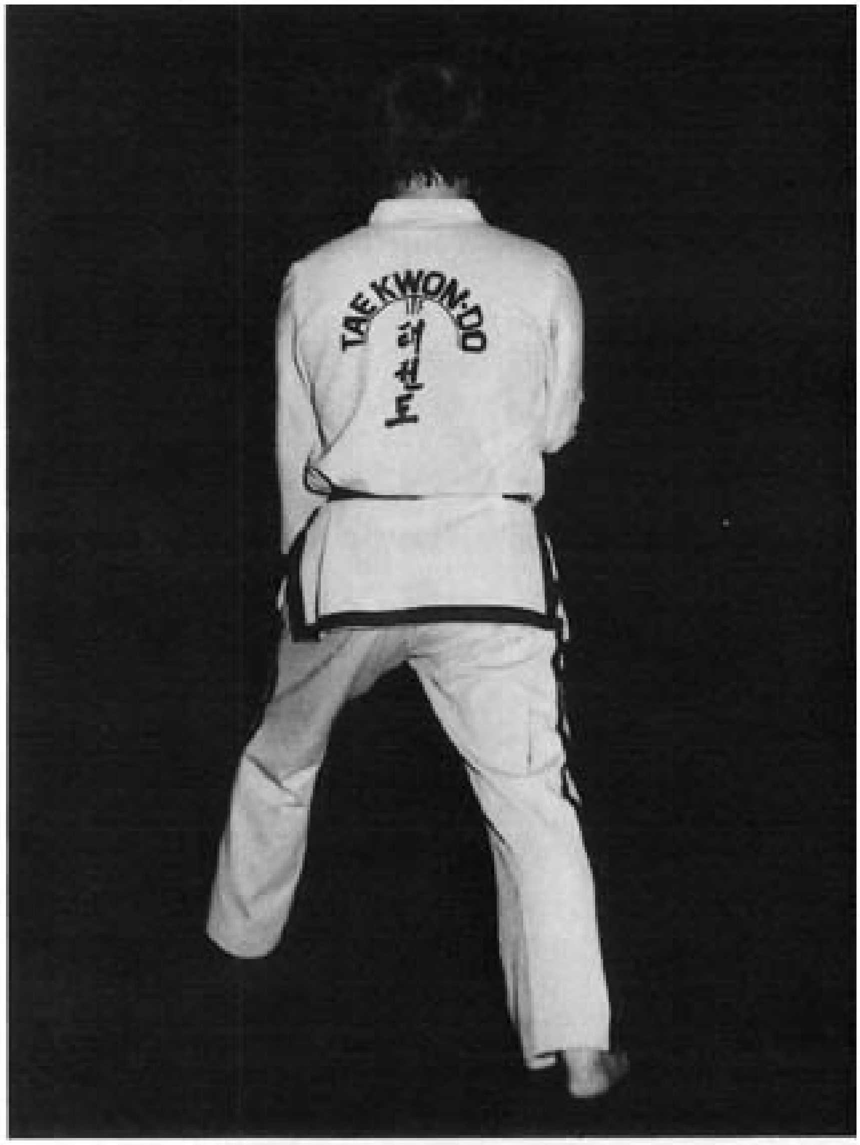








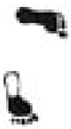
24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm.





Left walking stance toward C with a left palm pressing block.

Previous Posture





Other View





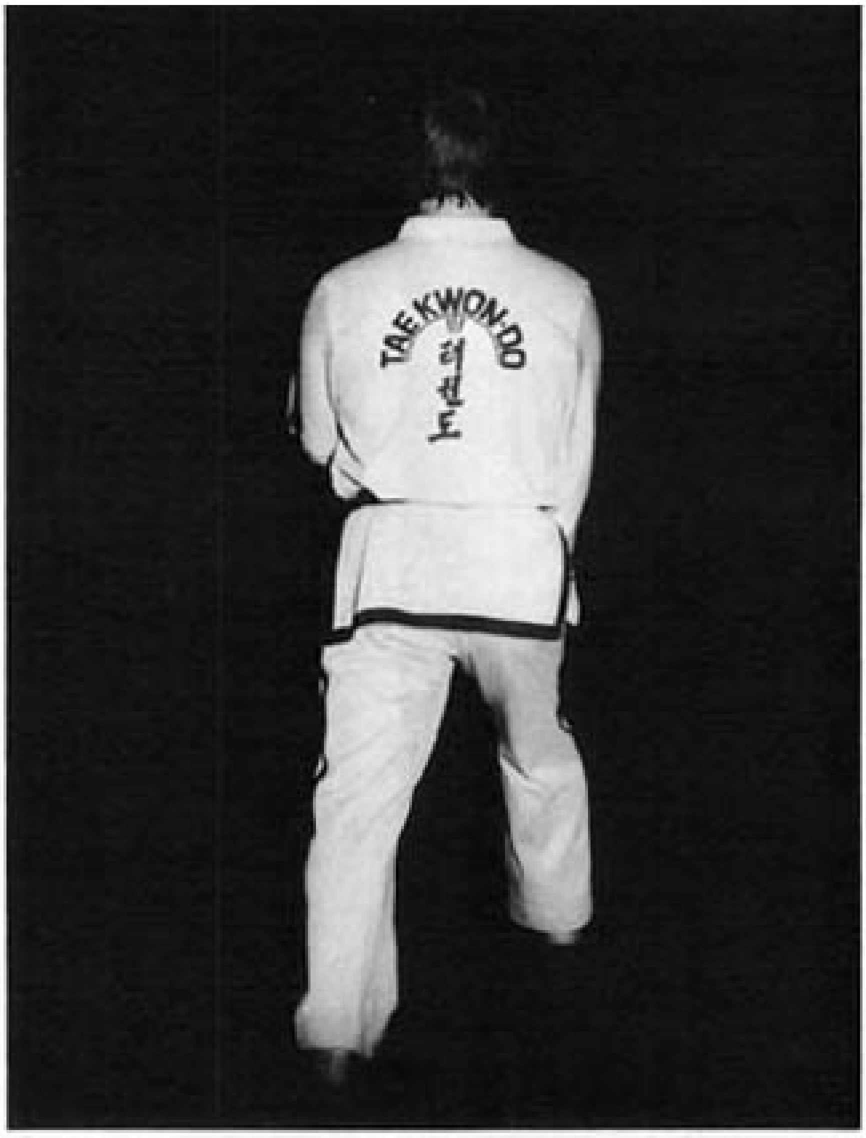








25. **Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm.**





Right walking stance toward C with a right palm pressing block.

Previous Posture





Application



Side View





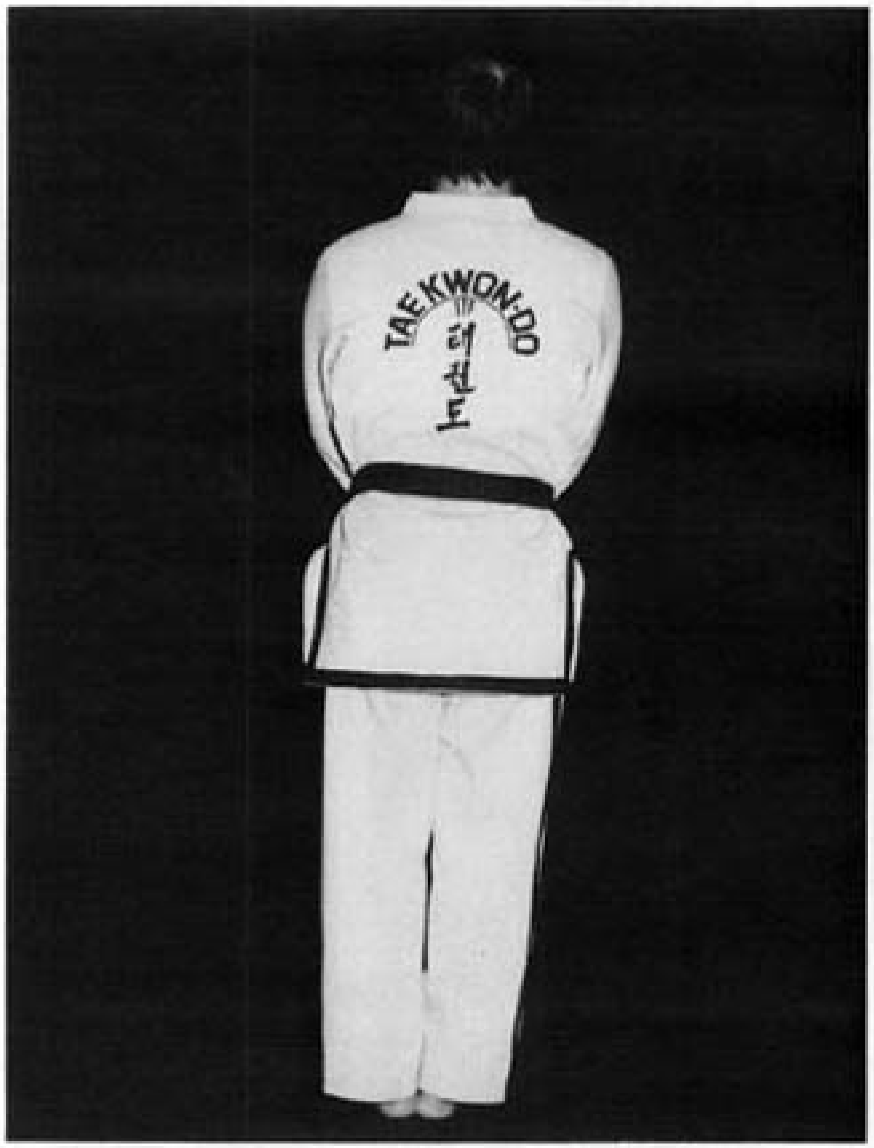




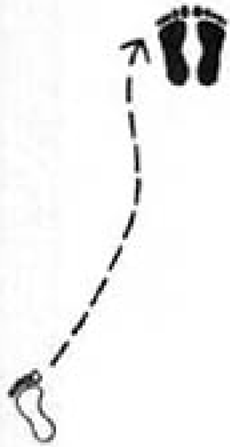




26. Bring the left foot to the right foot to form a close stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand.



Close stance low front block with the right knife-hand toward C.



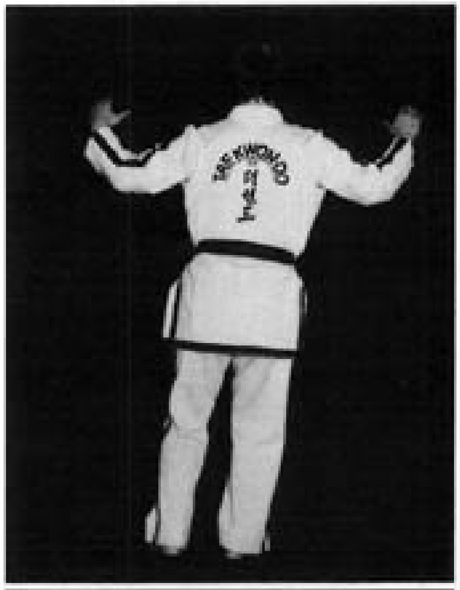
Previous Posture

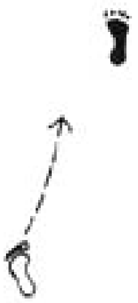


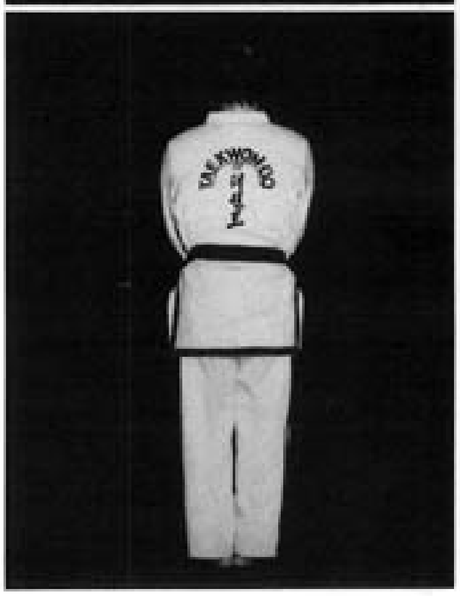


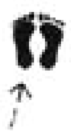
Application









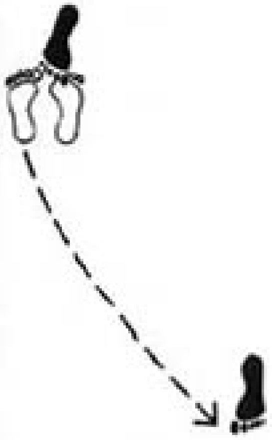


Other View



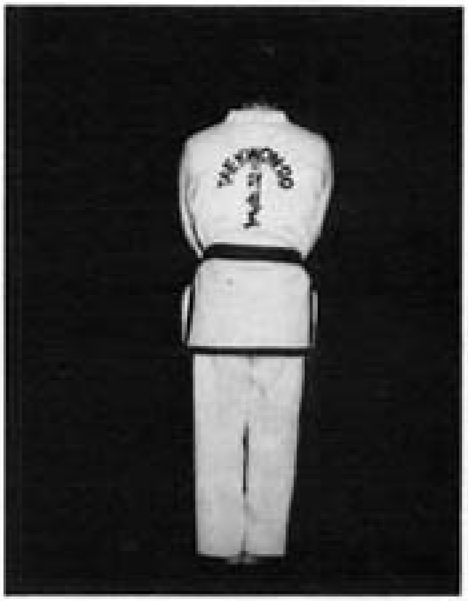
27. **Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand.**





Left walking stance toward D with a left knife-hand rising block.

Previous Posture





Side View













28. **Execute a high punch to D with the right fist while maintaining a left walking stance toward D.**





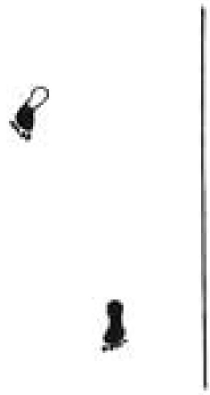
Left walking stance high punch with the right fist toward D.

Previous Posture





Keep the right heel slightly off the ground.



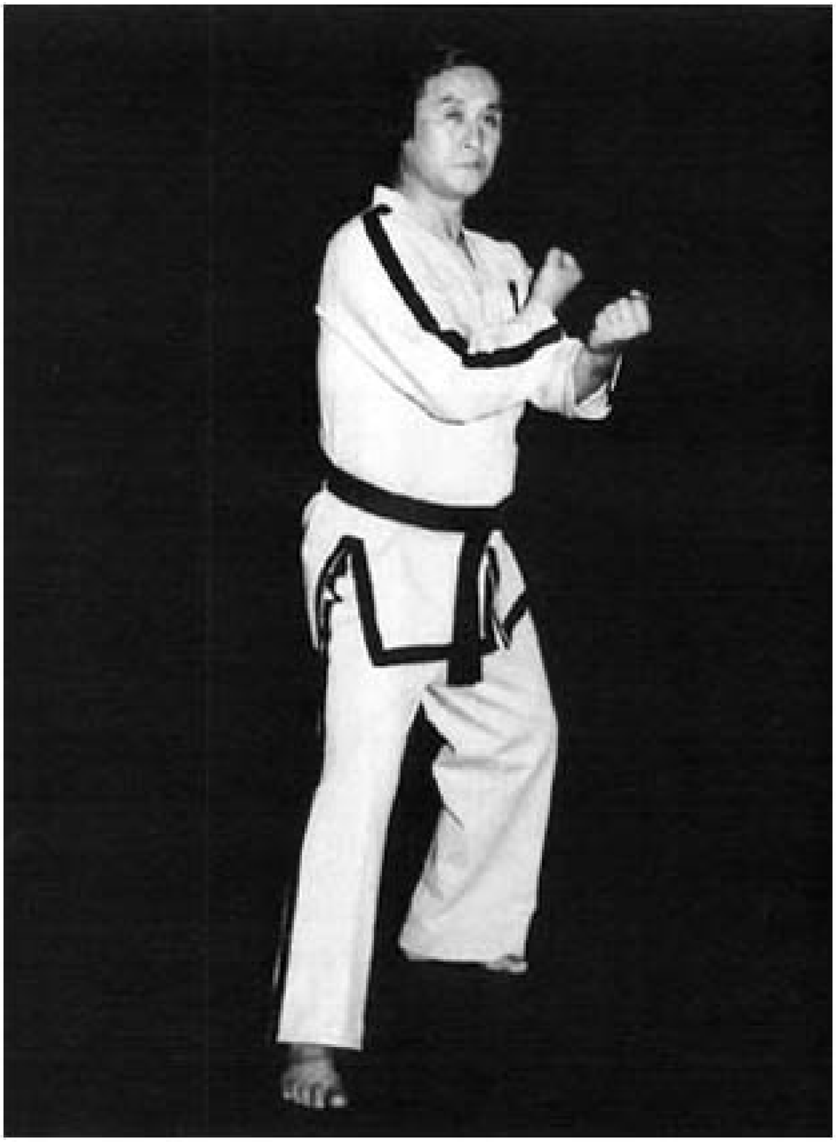


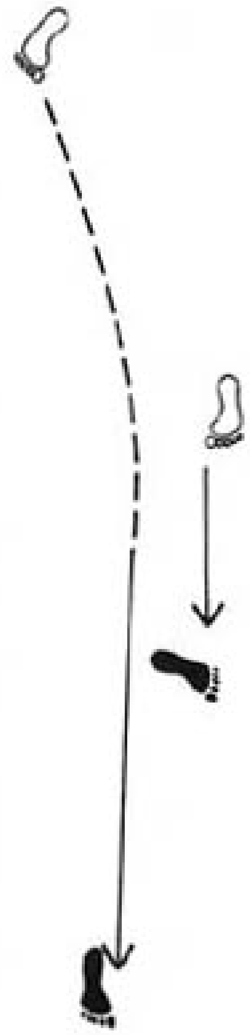


Side View



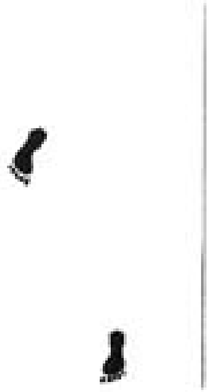
29. **Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, and bringing the right side fist in front of the left shoulder.**





Left L-stance upset punch with the left fist toward D.

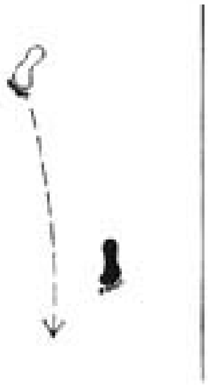
Previous Posture





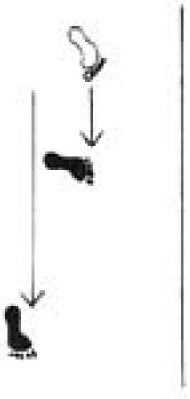
Application







Side View



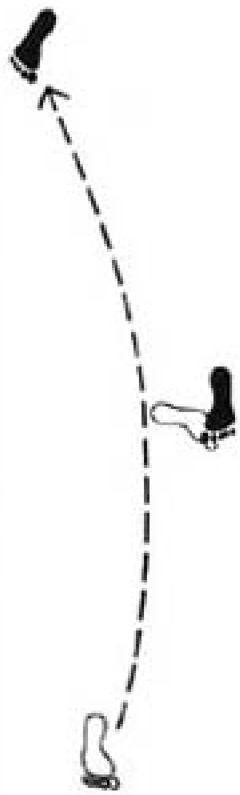




30. **Move the right foot to C, forming a left walking stance toward D while executing a high thrust to D with the right angle fingertip.**



Left walking stance toward D with a right angle fingertip high thrust.



Previous Posture



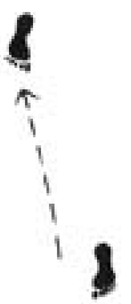


Application







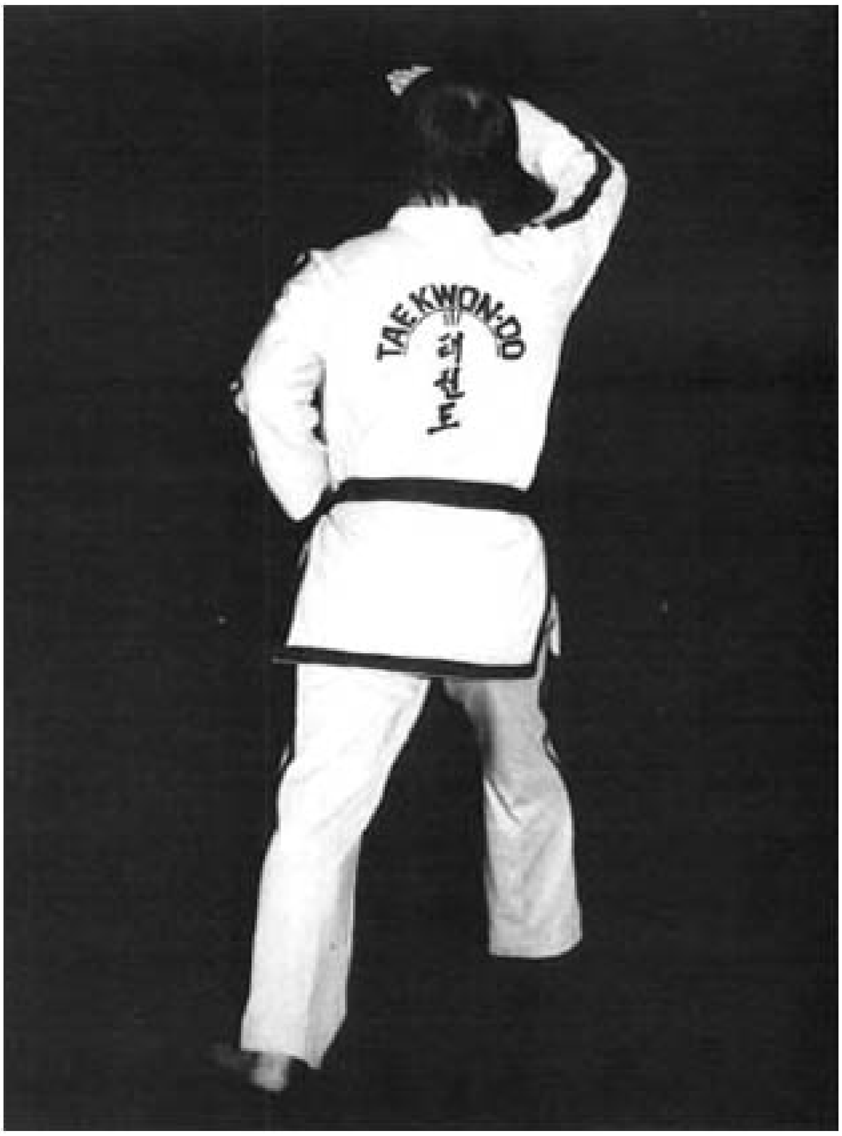


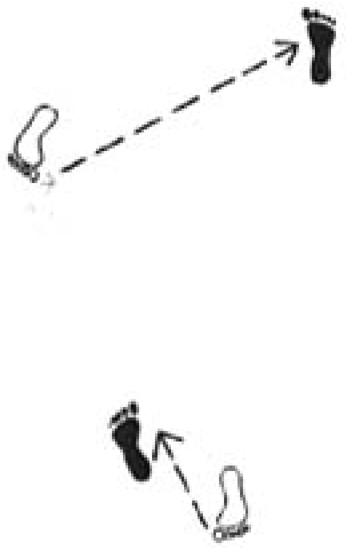


Side View



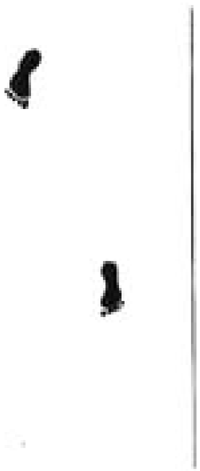
31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.





Right walking stance toward C with a right knife-hand rising block.

Previous Posture



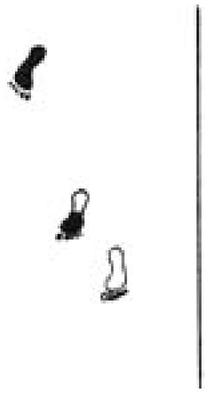


Application



Side View

Keep the left heel slightly off the ground.





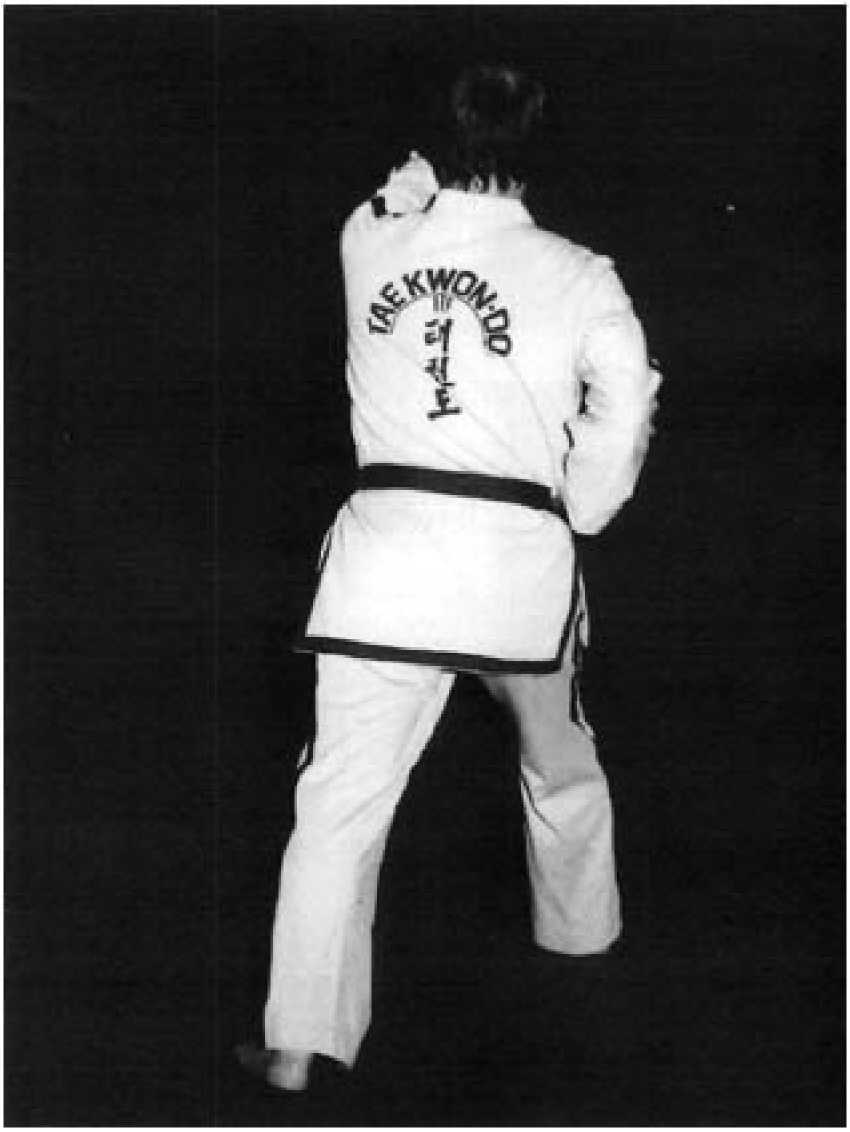




Other View



32. **Execute a high punch to C with the left fist while maintaining a right walking stance toward C.**





Right walking stance high punch with the left fist toward C.





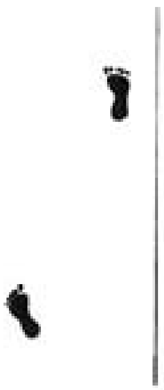
Previous Posture

Keep the left heel slightly off the ground.







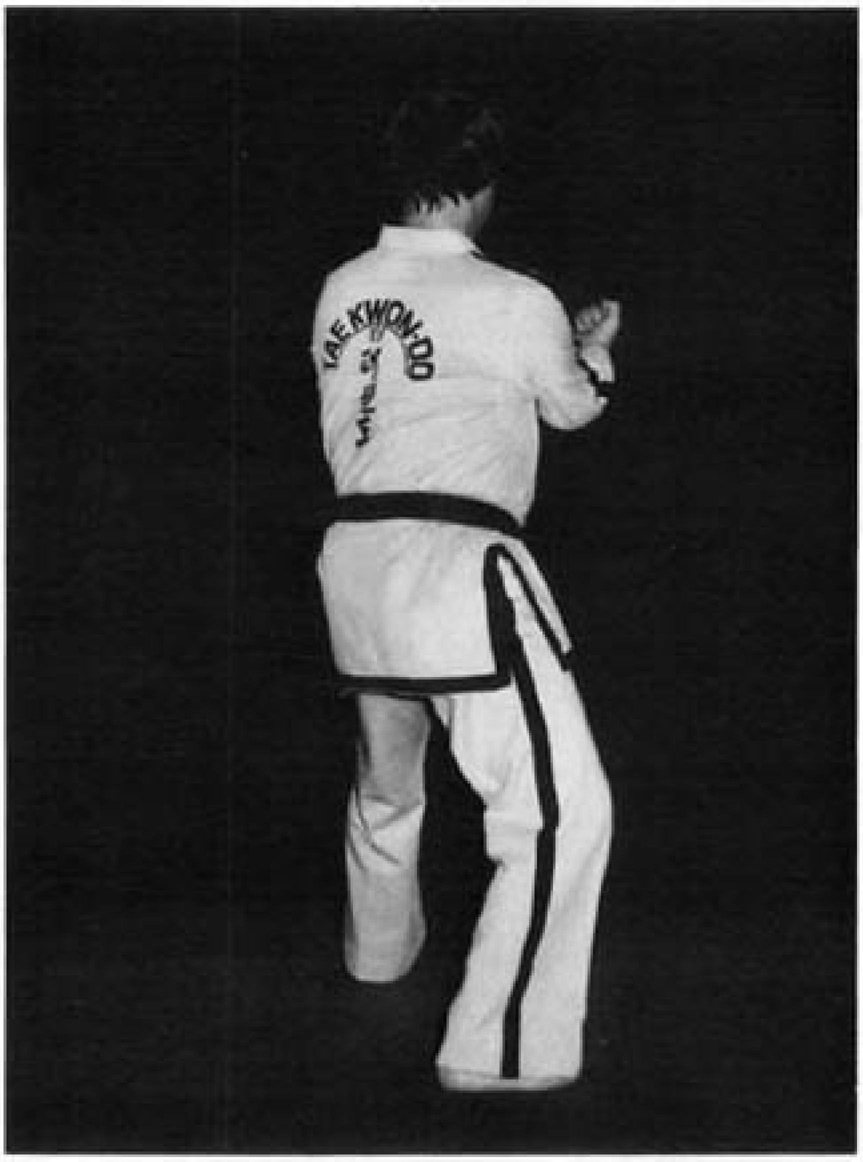


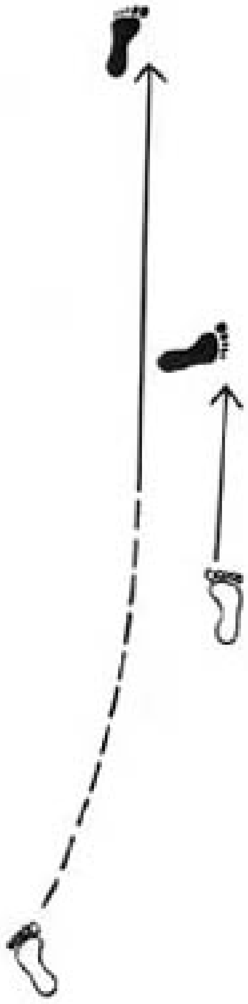




Side View

33. Slide to **C**, forming a right L-stance toward **C** while executing an upset punch to **C** with the right fist, bringing the left side fist in front of the right shoulder.





Right L-stance upset punch with the right fist toward **D**.

Previous Posture



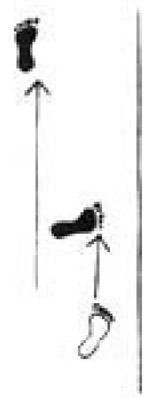








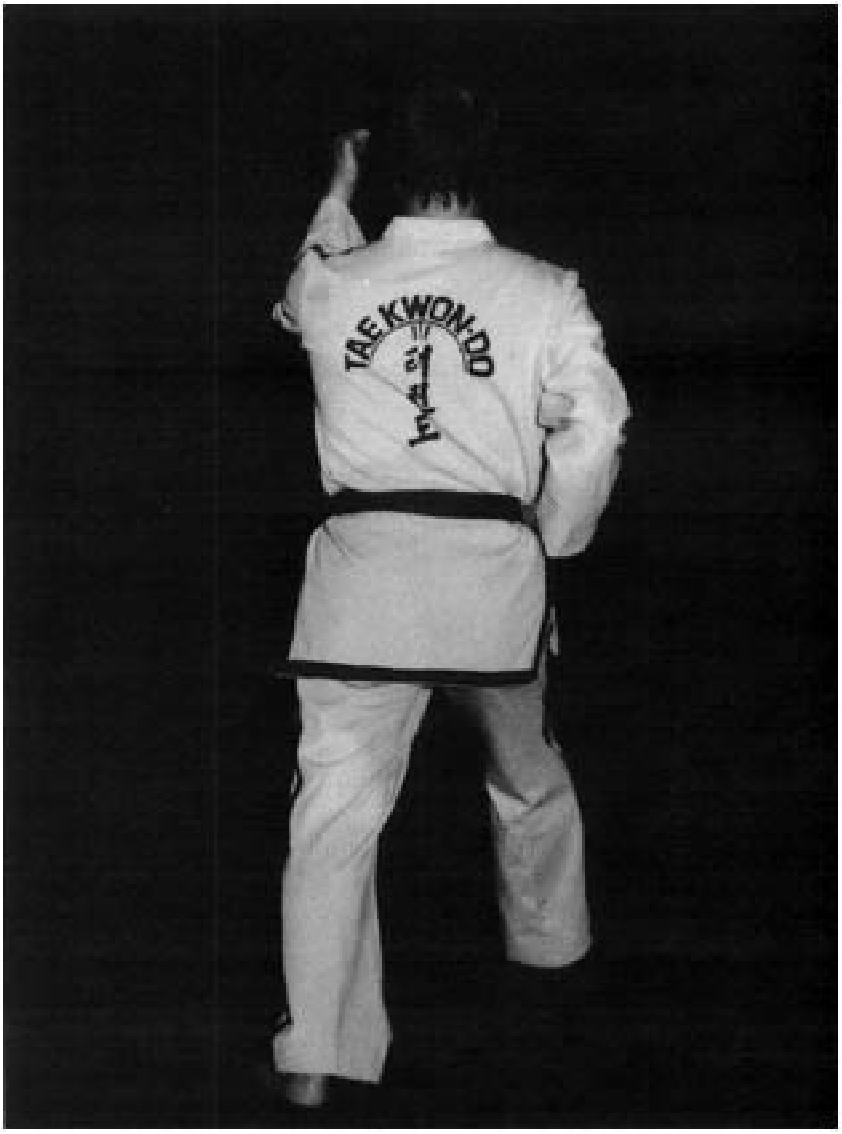
Other View







34. Move the left foot to D to form a right walking stance toward C while executing a high thrust with the left angle fingertip.





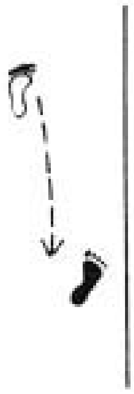
Right walking stance toward C with a left angle fingertip high thrust.





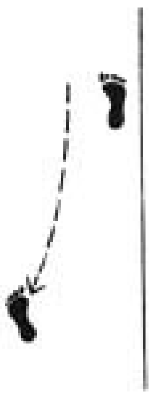
Previous Posture

Other View





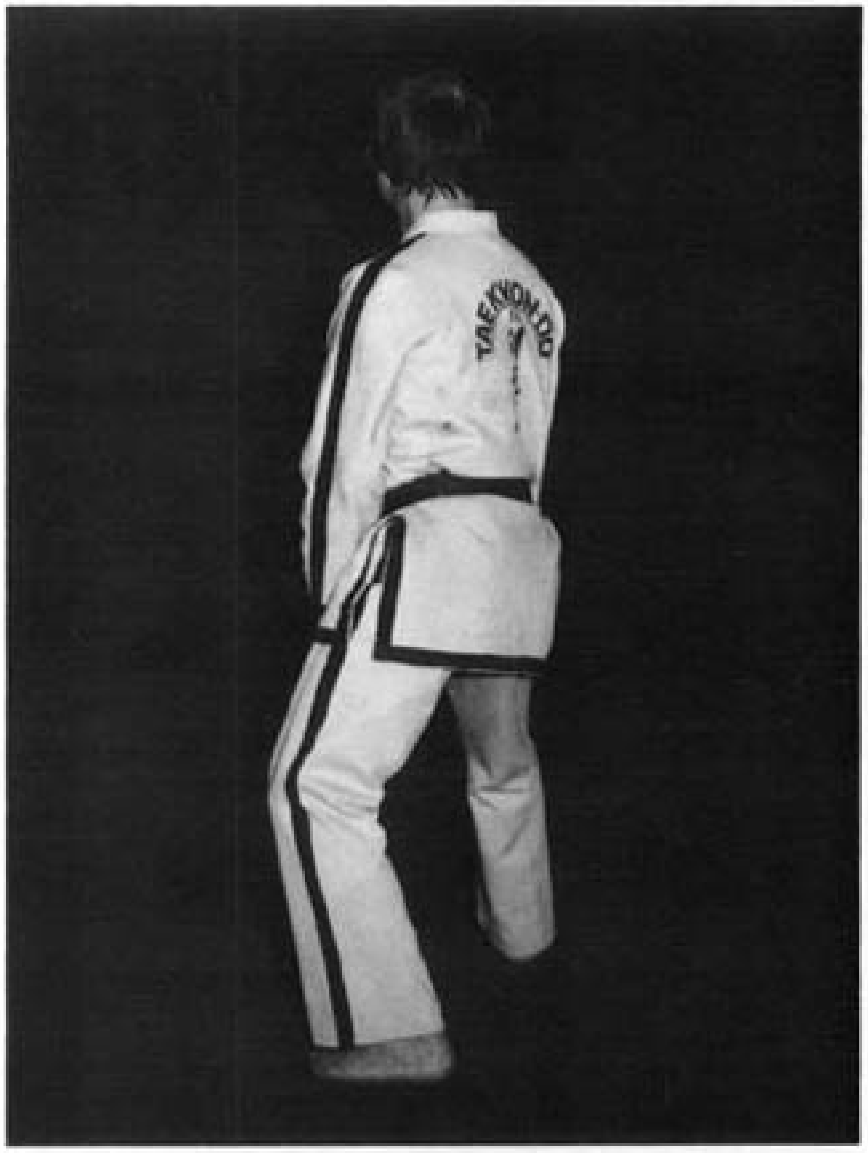




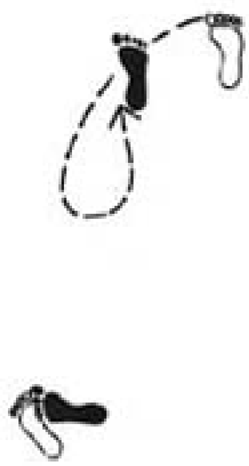




35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot.



Left L-stance reverse knife-hand low guarding block toward C.



Application



Previous Posture





Side View







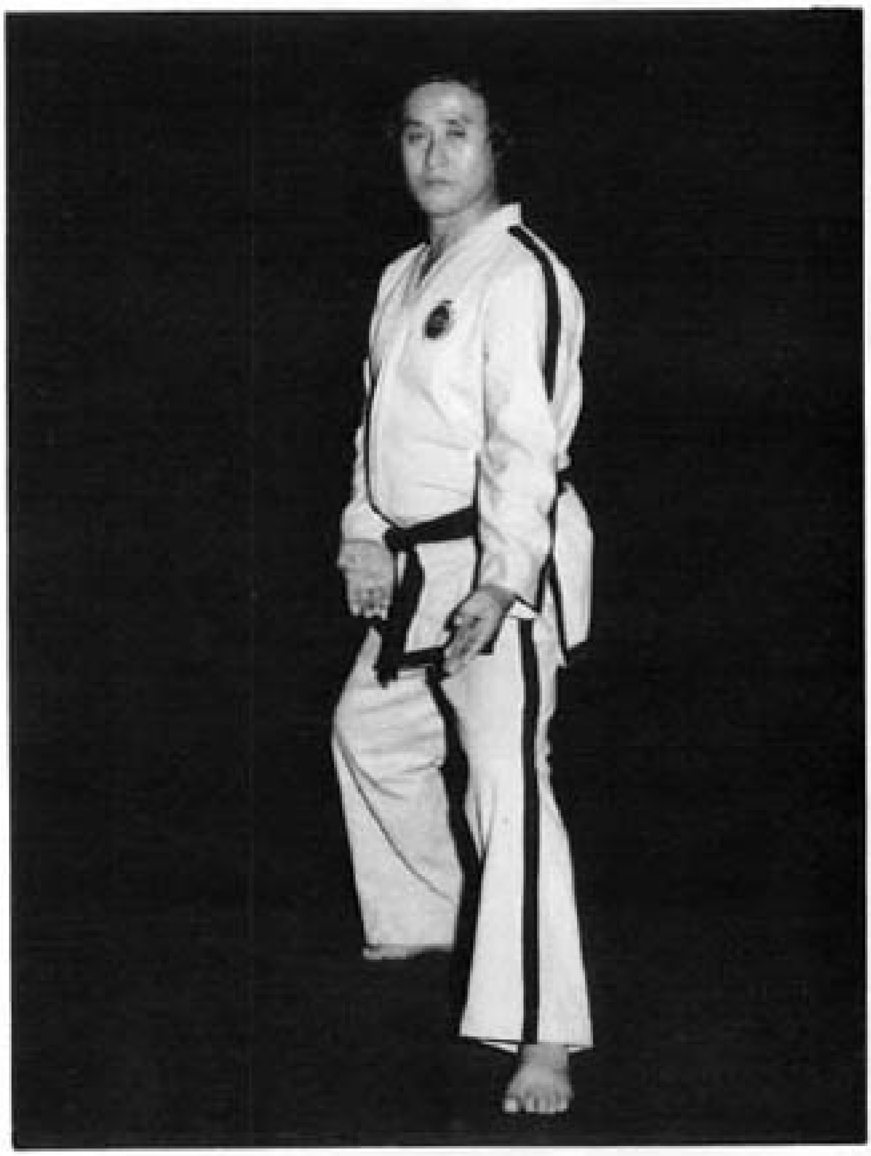






Other View

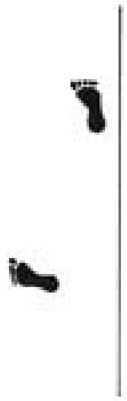
36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot.



Right L-stance reverse knife-hand low guarding block toward D.

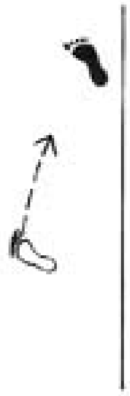


Previous Posture



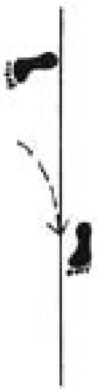


Side View













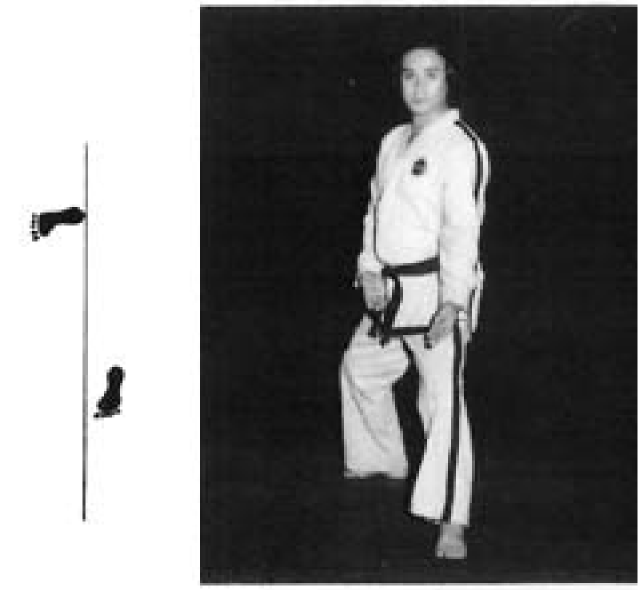
37. Execute a low block with the right forearm and a middle side front block with the left knife - hand while forming a left walking stance toward D, slipping the left foot.

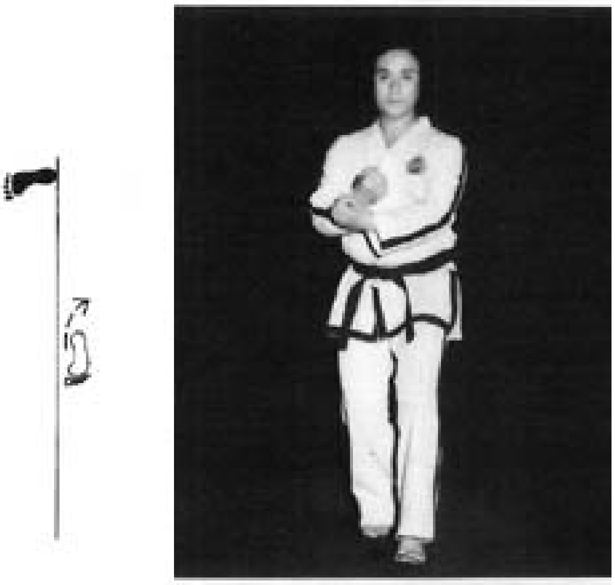




Left walking stance forearm low block and knife-hand middle side front block toward D.

Previous Posture





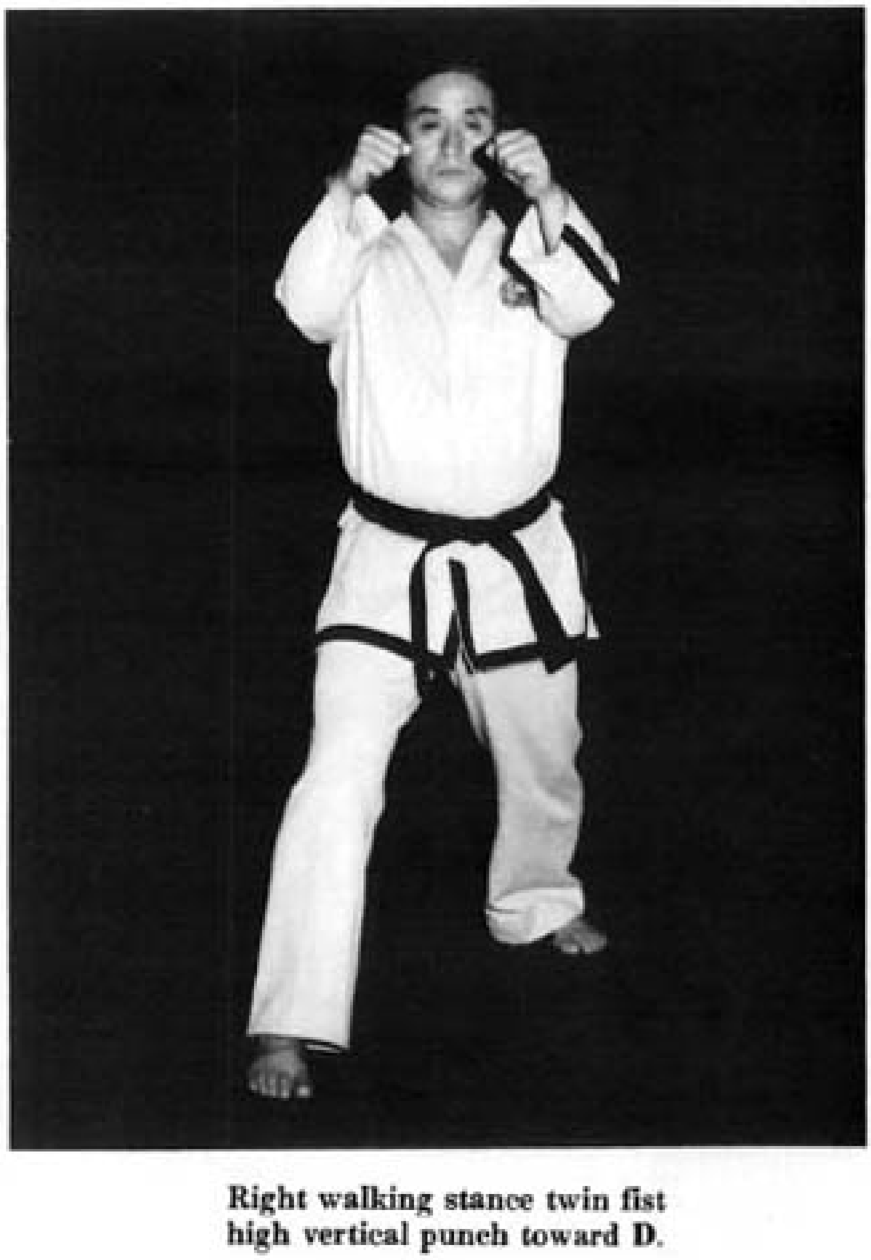


Application



Side View

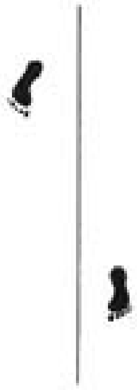
38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist.





Right walking stance twin fist high vertical punch toward D.

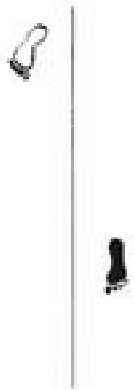
Previous Posture



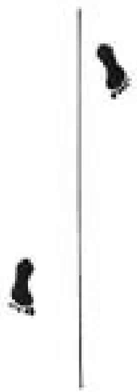


Application







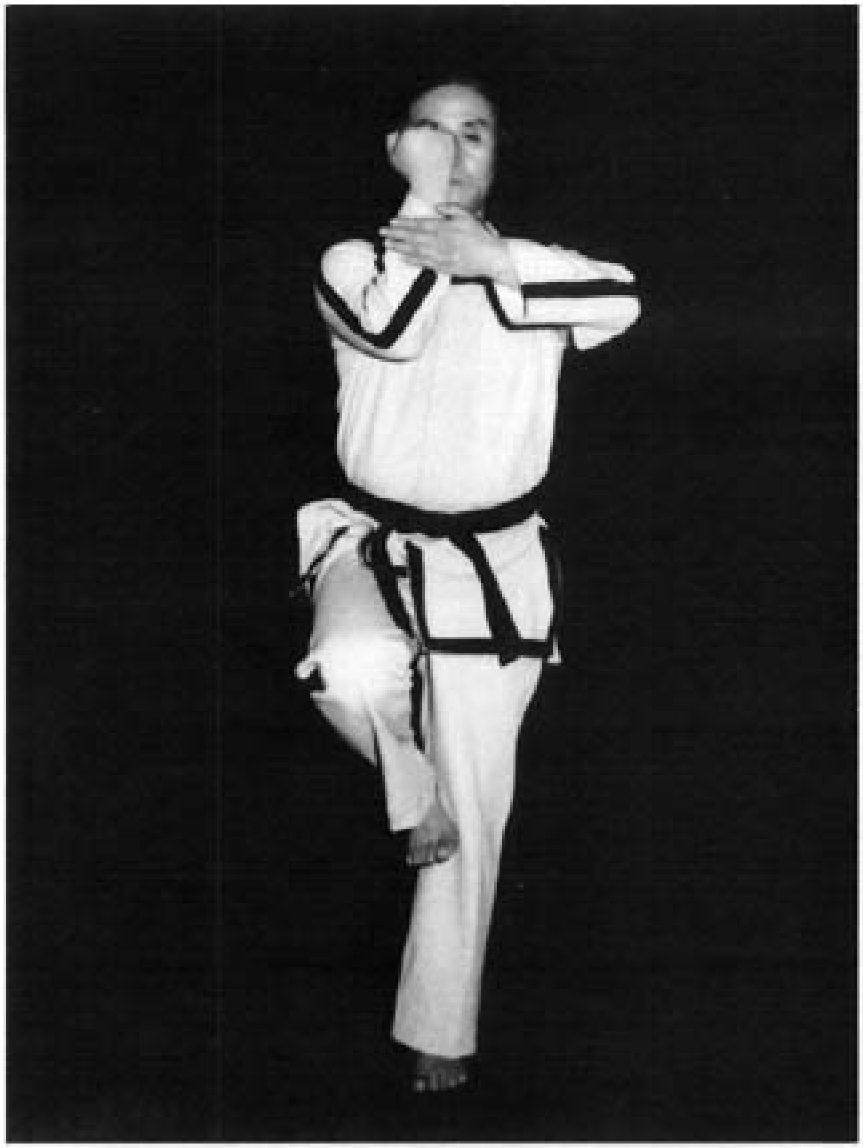




Side View



39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward **D** while striking the left palm with the right back forearm.





Left one-leg stance side front strike with a right back fist toward **D**.

Previous Posture





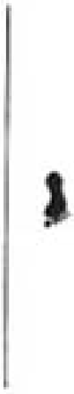
Top View



Application





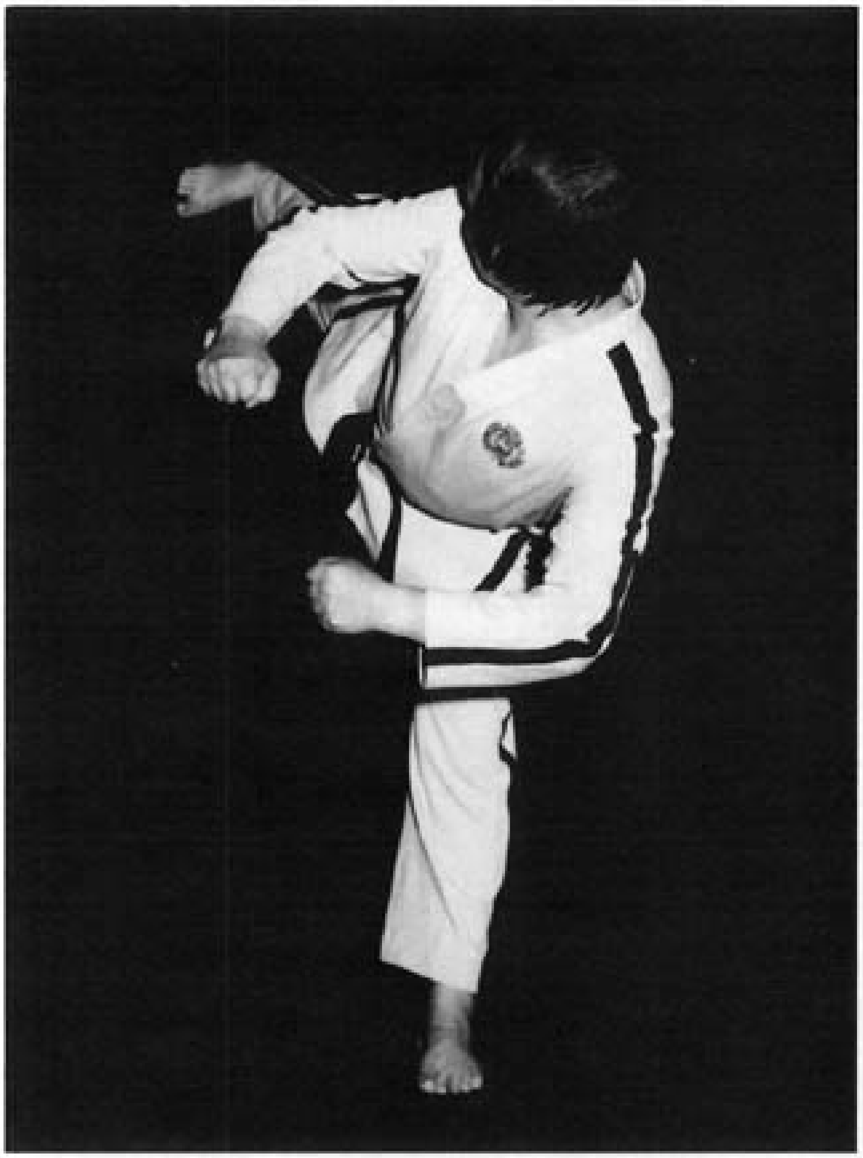




Side View



40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction.

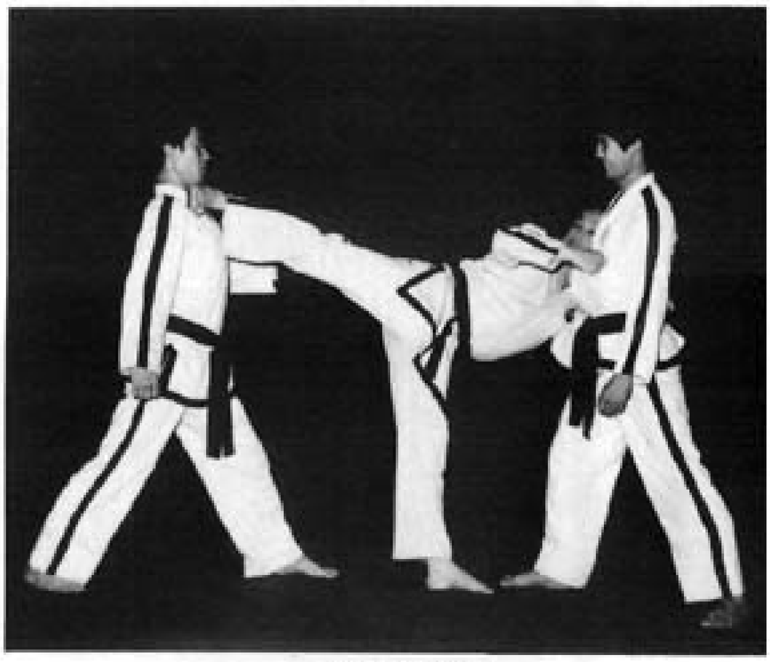


Middle back piercing kick to C with the right foot.

Previous Posture



Side View



Application





Side View





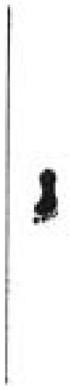
41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm.





Sitting stance toward A with outer forearm W-shape block.

Previous Posture

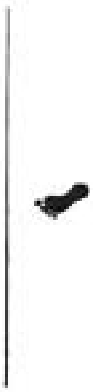






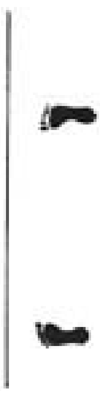
Application

Front View













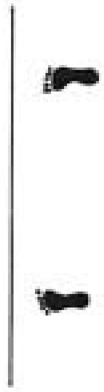
Keep forearms half facing.

42. Slide to C, maintaining a sitting stance toward A while executing a W-shape block with the outer forearm.





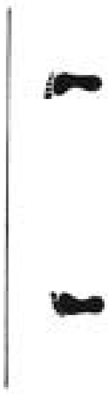
Sitting stance toward A with the outer forearm W-shape block.





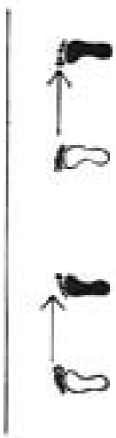
Previous Posture

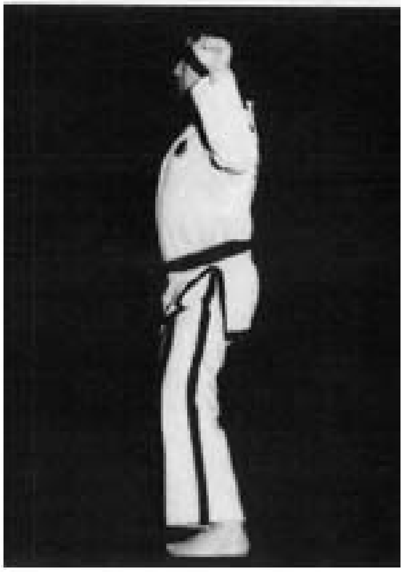
Raise the body slightly.









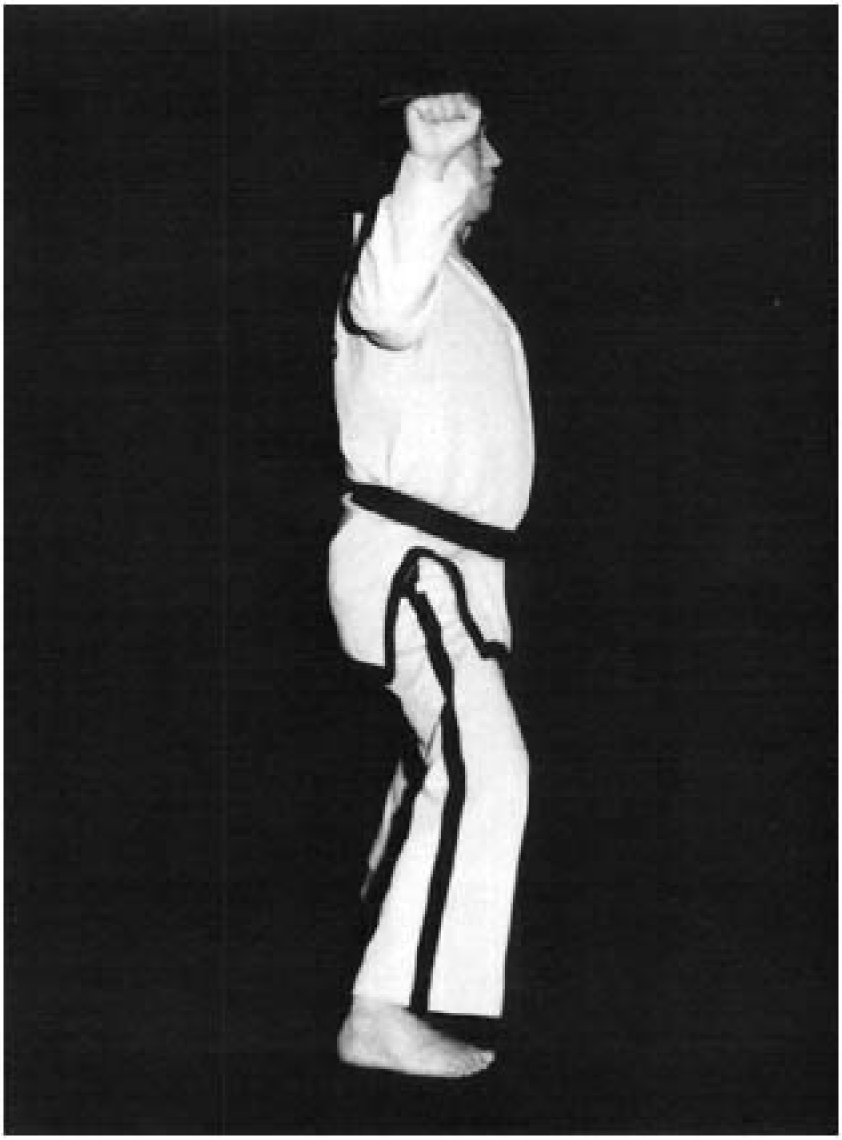




Front View

Keep forearms half facing.

43. Move the right foot to D in a stamping motion, turning counter-clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm.





Sitting stance toward B with the outer forearm W-shape block.

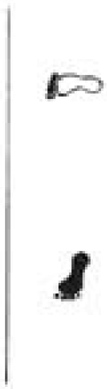
Previous Posture





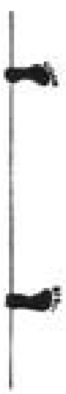
Application

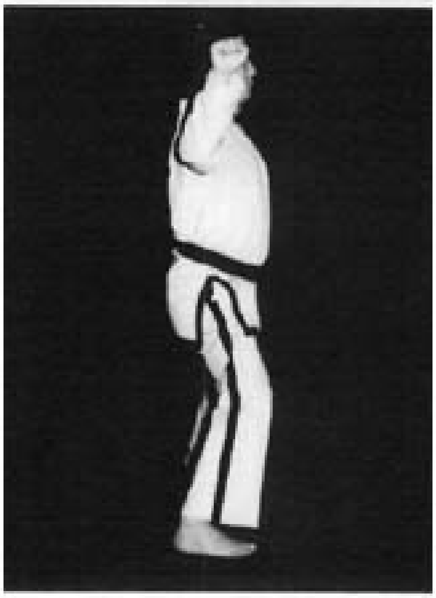






Keep the forearms straight with the outer forearms faced B.

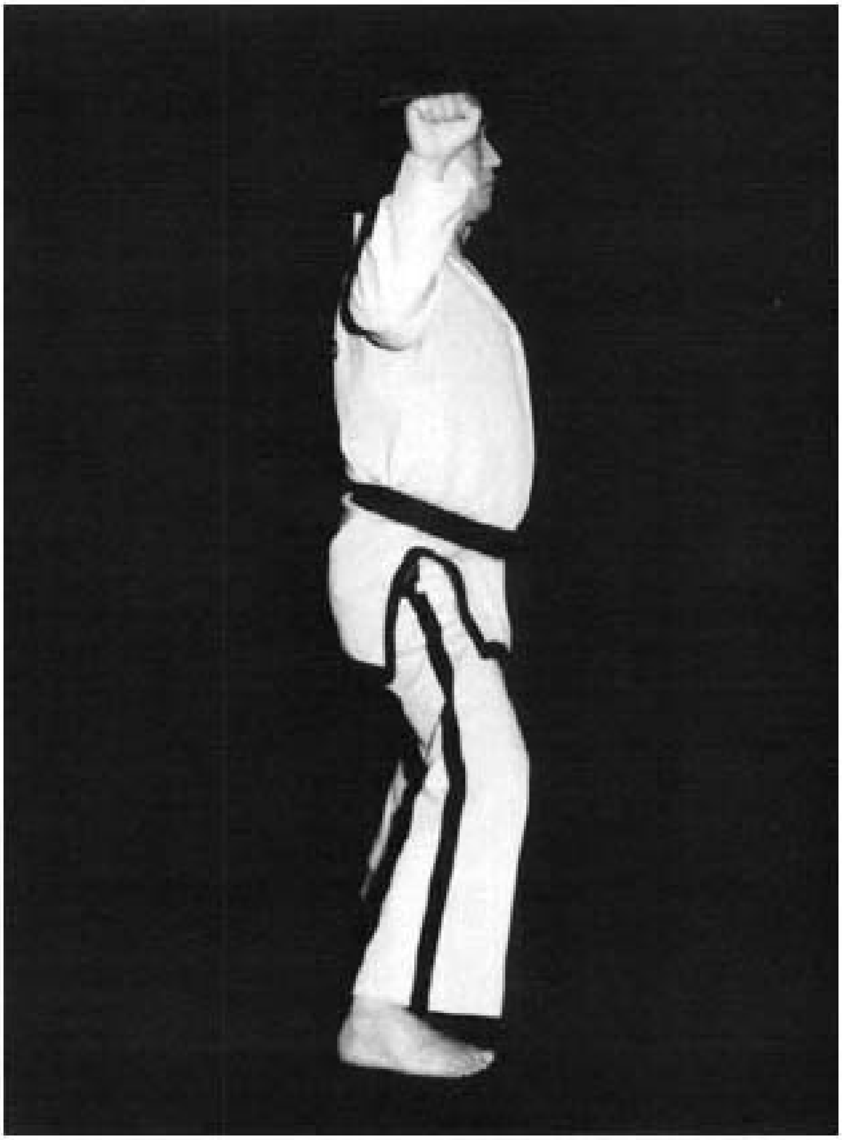






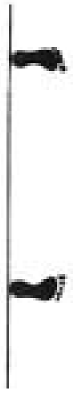
Front View

44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm.





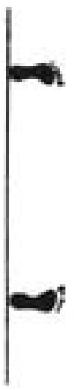
Sitting stance toward B with the outer forearm W-shape block.





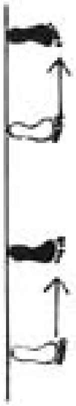
Previous Posture

Raise the body slightly













Front View

Keep the forearms half facing.

45. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time striking the right palm with the left back forearm.

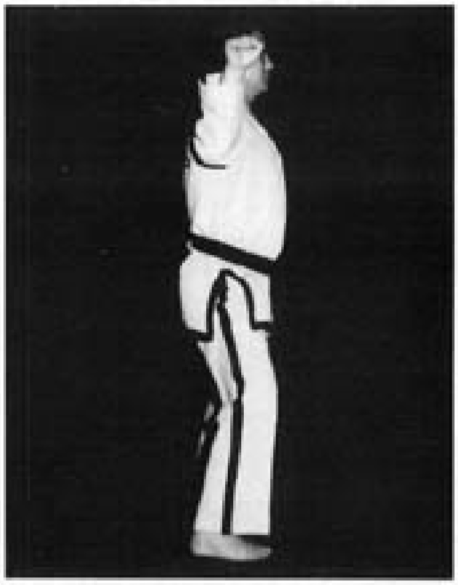




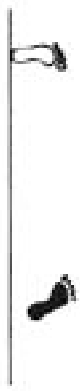
Right one-leg stance with a left back fist side front strike toward C.

Previous Posture



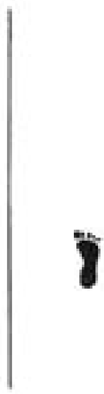


Front View





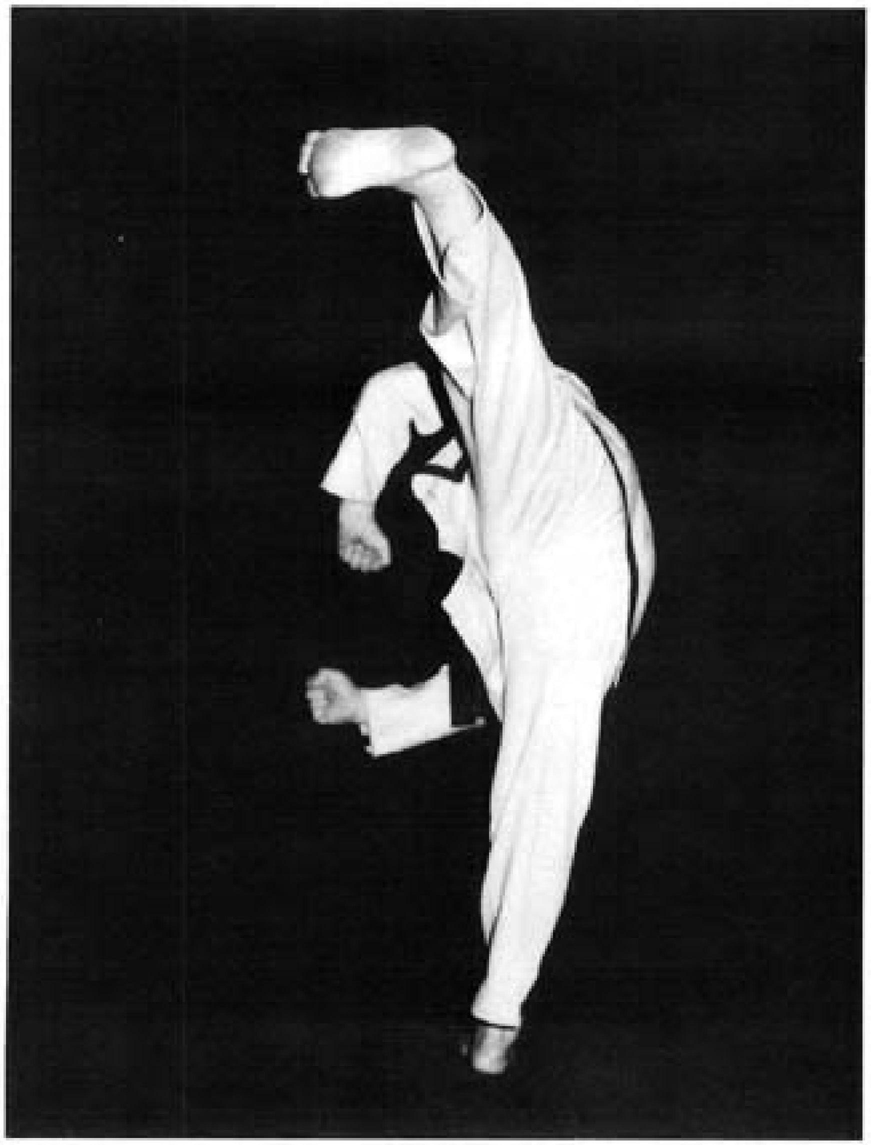








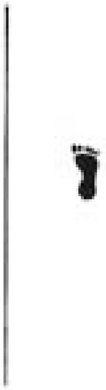
46. Execute a middle back piercing kick to D with the left foot, pulling both hands in the opposite direction.



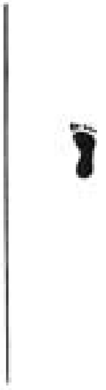


Middle back piercing kick to D
with the left foot.

Previous Posture











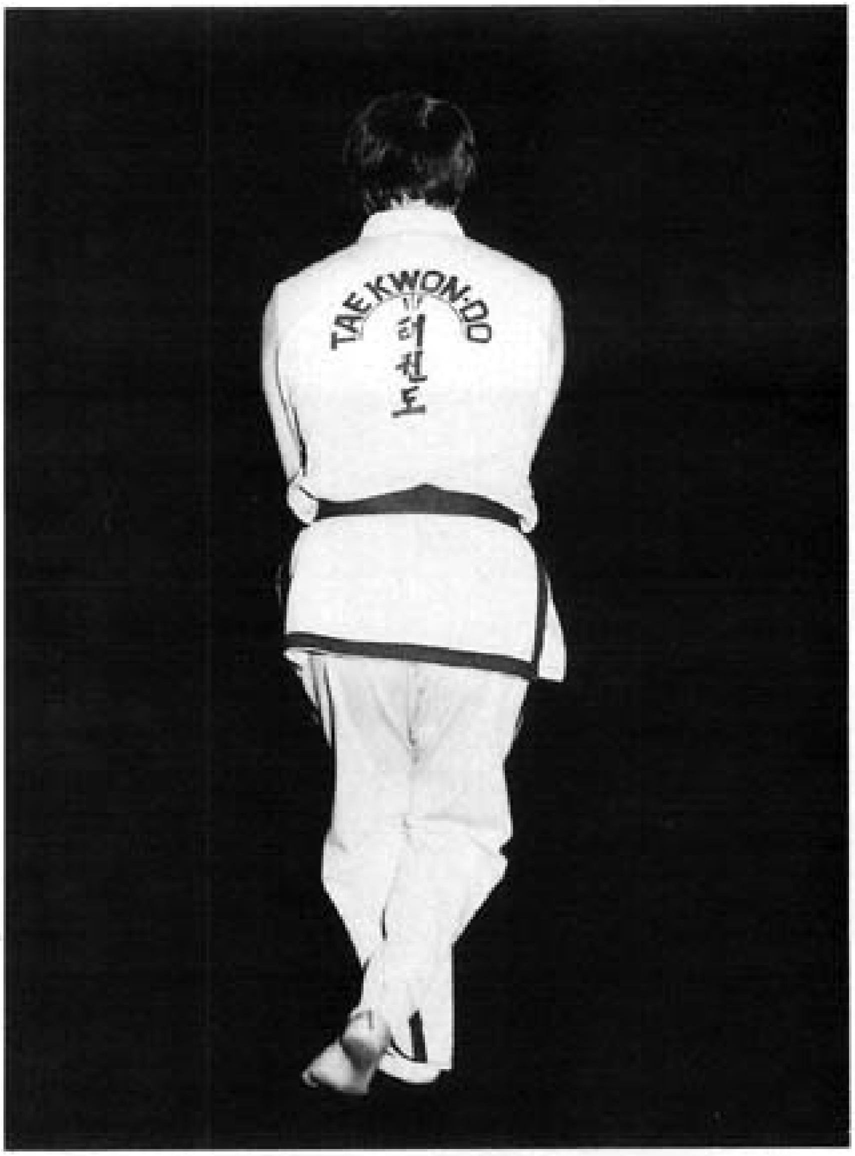






Side View

47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block wiht an X-fist.





Left X-stance toward C with an X-fist pressing block.

Application



Side View

Previous Posture





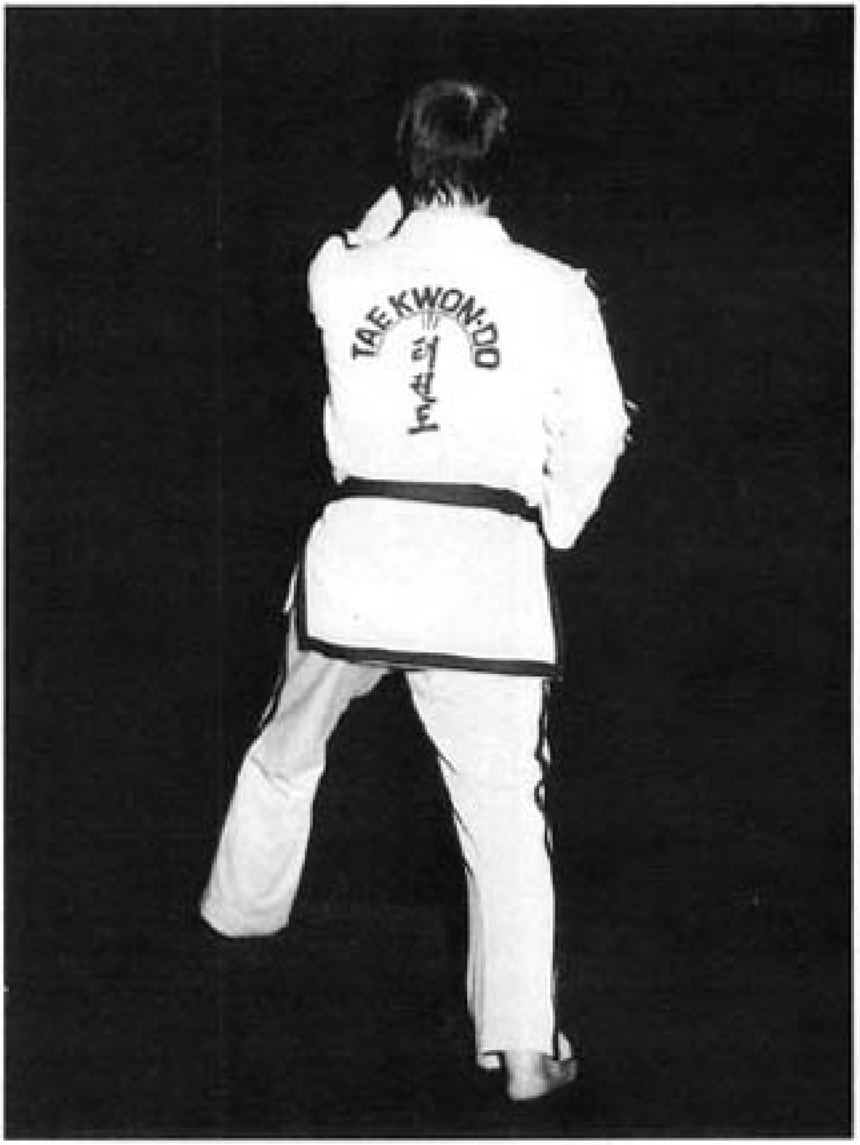


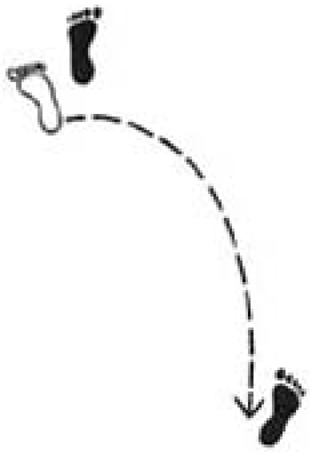




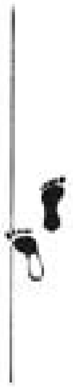
Other View

48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist.





Left walking stance toward C with
a left under fist front strike.

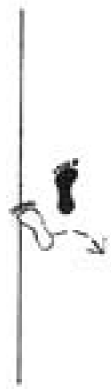


Previous Posture



Application

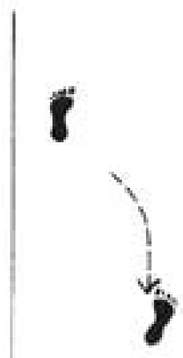






Side View



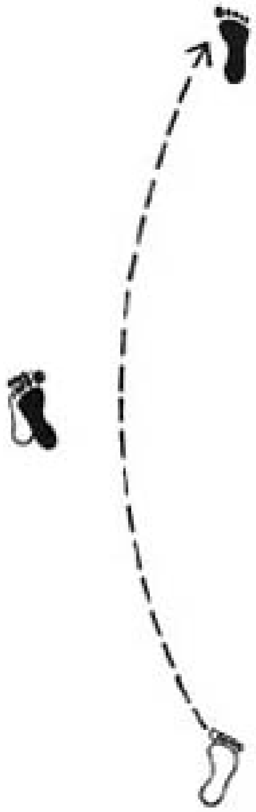






49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist.





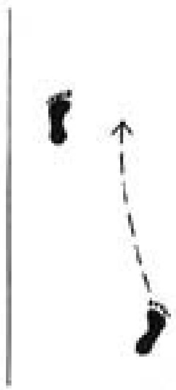
Right walking stance toward C with a right under fist front strike.

Previous Posture





Other View





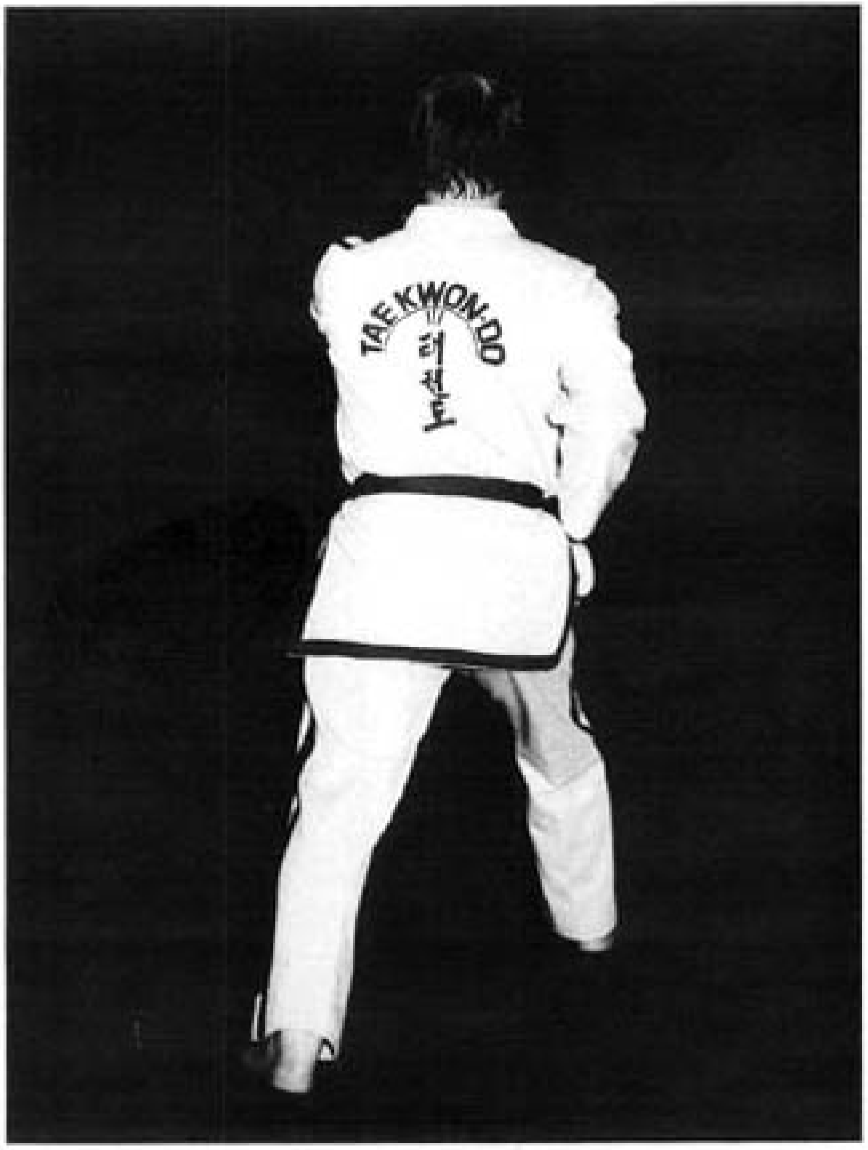






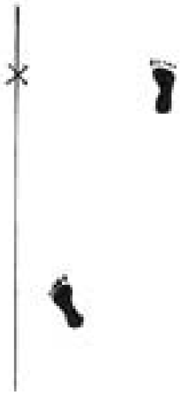


50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C.





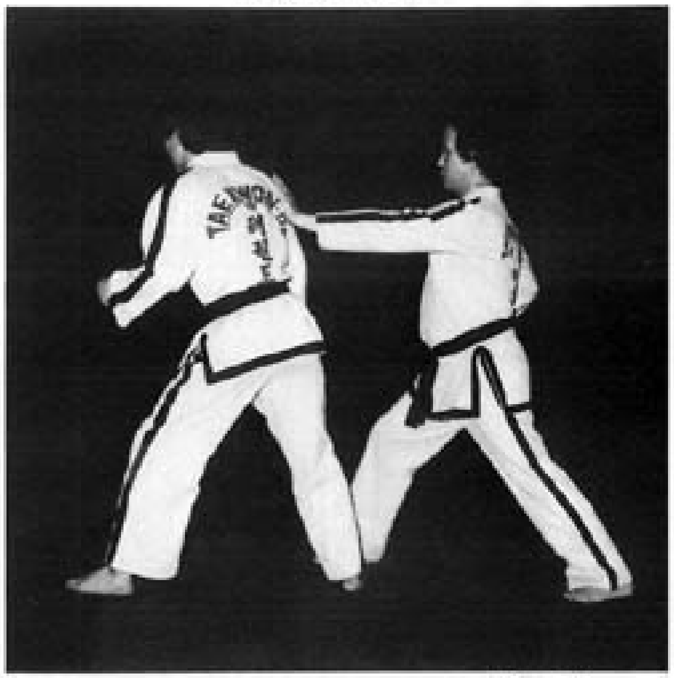
Right walking stance middle pushing block with the left palm toward C.



Previous Posture

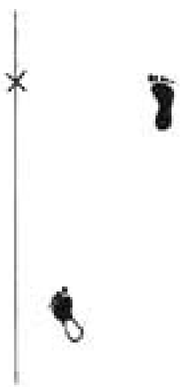


Application



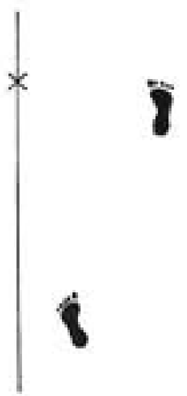
Keep the left heel slightly off the ground.

Sice View







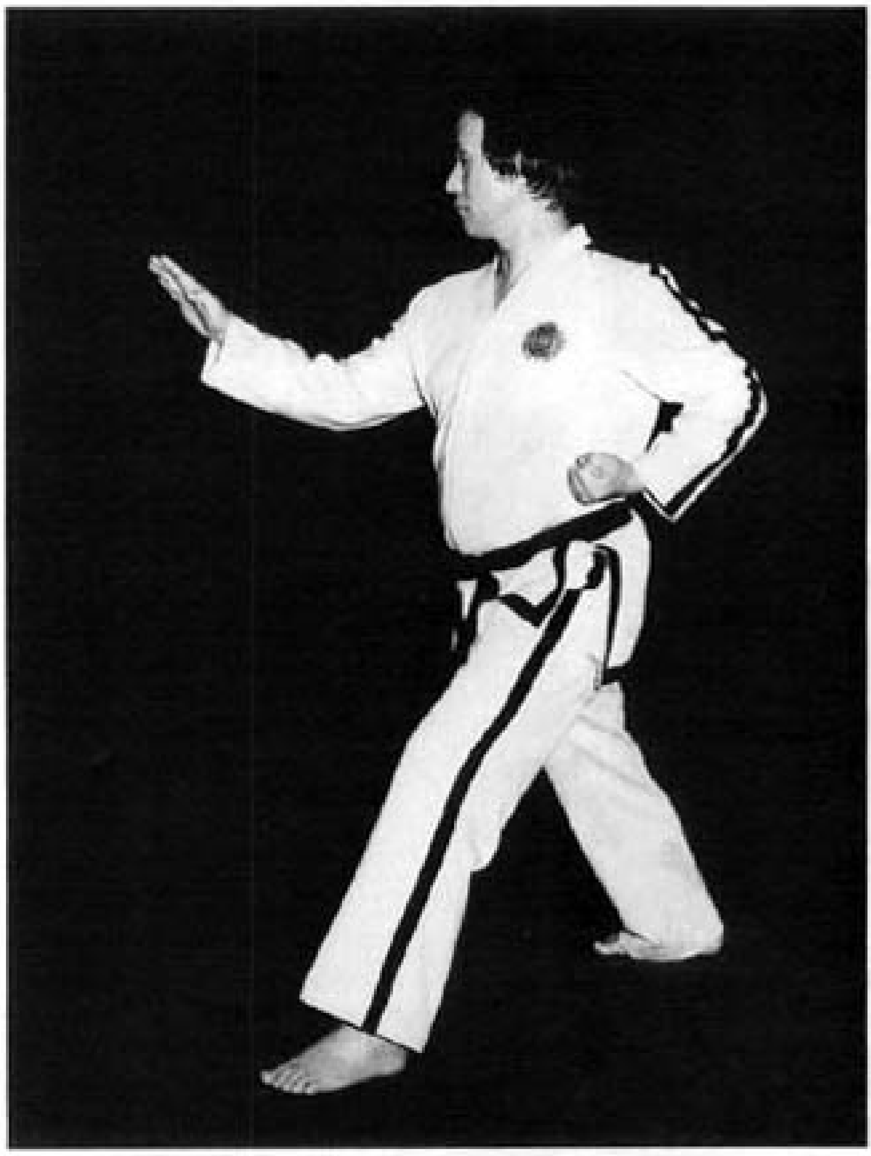






Side View

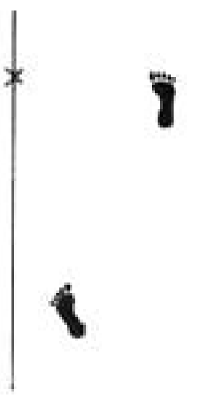
51. Execute a circular block to AD with the right knife-hand while forming a left walking stance toward AD.





Left walking stance circular block with the right knife-hand toward AD.

Previous Posture

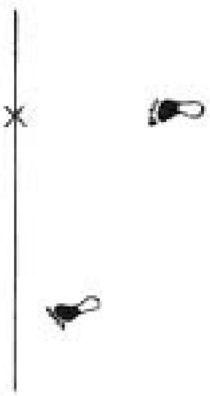




Side View



Application







Keep both heels slightly off the ground.

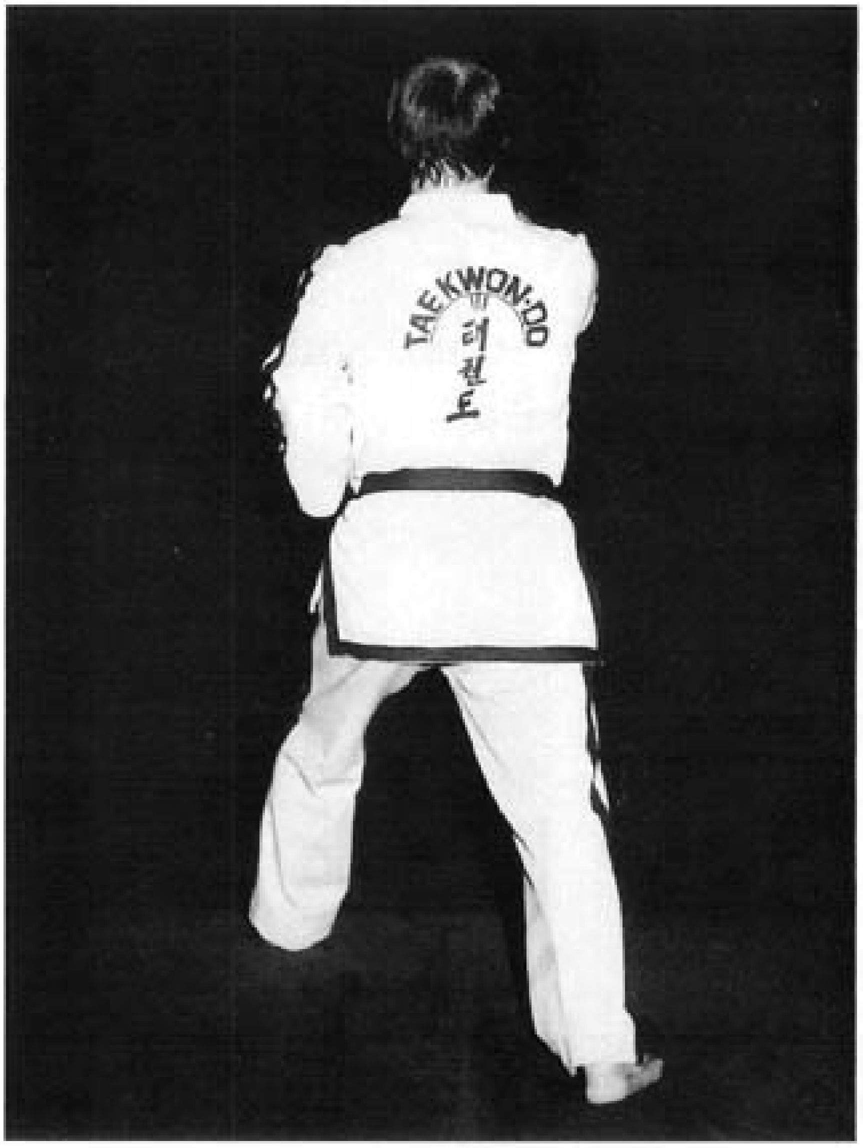






Side View

52. **Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm.**





Right walking stance middle pushing block with the right palm toward C.





Previous Posture

Other View













53. Execute a circular block to BD with the left knife-hand while forming a right walking stance toward BD.





Right walking stance circular block with the left knife-hand toward BD.





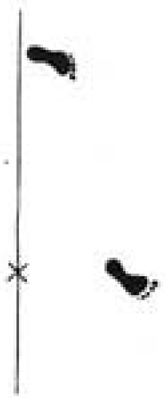
Previous Posture

Keep both heels slightly off the ground.













Other View

54. Execute a middle side piercing kick to D with the right foot, forming a forearm guarding block, and then lower it to the left foot to form a close stance toward D while executing a twin side back elbow thrust.



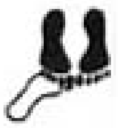
Previous Posture





Middle side piercing kick to D with the right foot.





Close stance toward D with a twin side back elbow thrust.

Side View

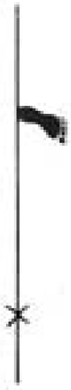






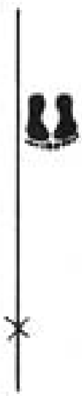












55. Move the left foot to D, forming a sitting stance toward A while executing a middle side punch to D with the left fist.





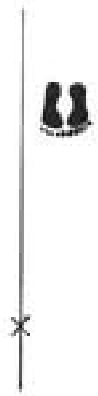
Sitting stance toward A with a left fist middle side punch to D.

Application



Previous Posture



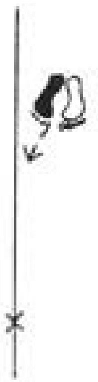


Back View

Front View









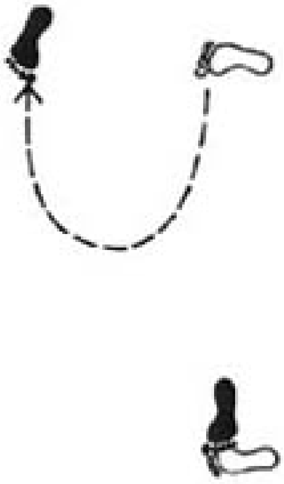


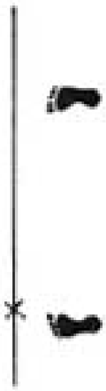


56. Execute a middle punch to D with the right fist while forming a left walking stance toward D, pivoting with the left foot.



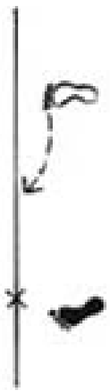
Left walking stance middle punch with the right fist toward D.







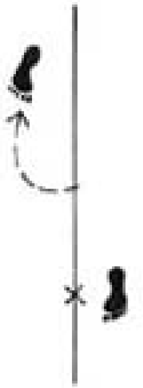
Previous Posture





Side View



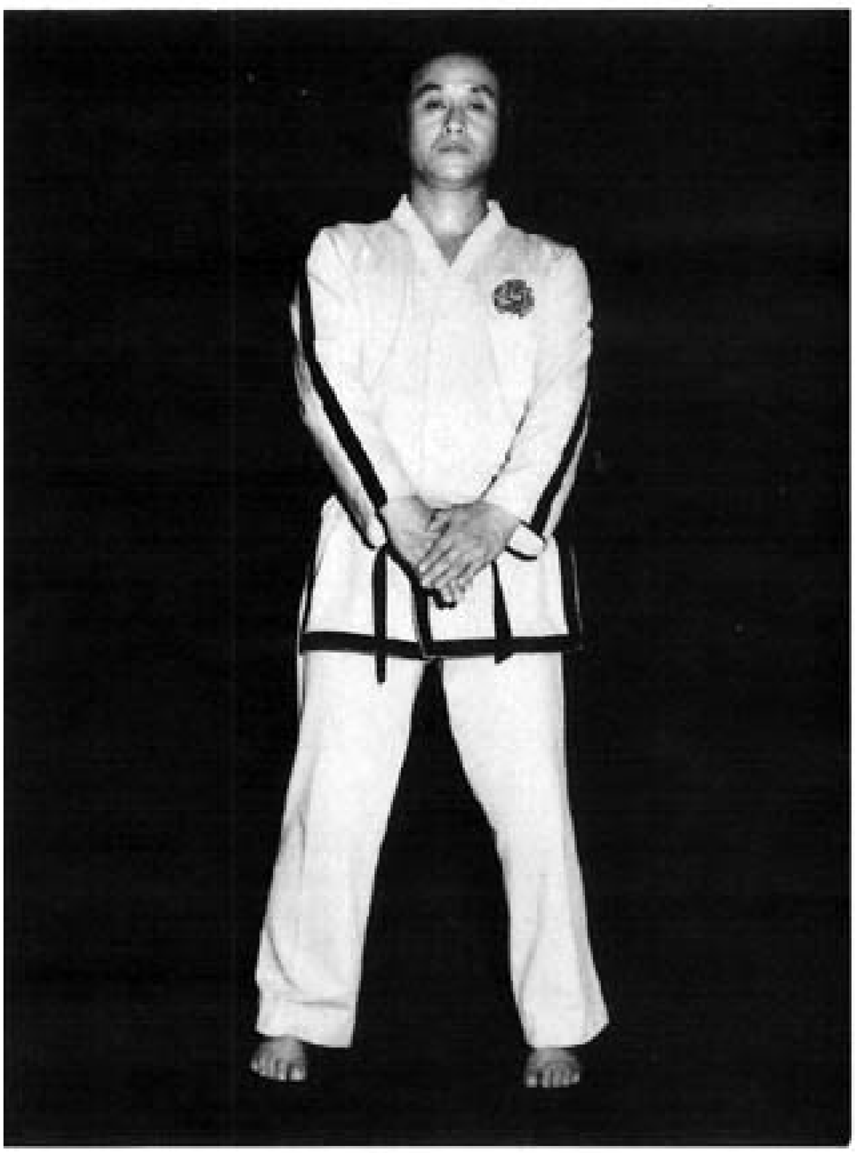




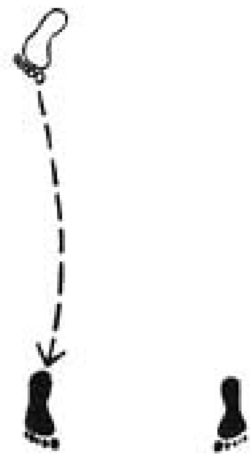
Application



END: Bring the right foot back to a ready posture.



Parallel stance toward D.

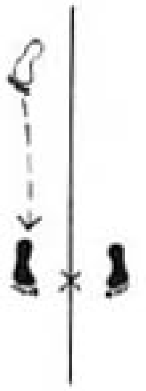


Previous Posture





Top View









Side View

SYNOPSIS

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

VOLUME I:
1) Origin and Development of Martial Arts
2) History of Taekwon-Do
3) Moral Culture
4) Philosophy
5) Training Schedule
6) Cycle and Composition of Taekwon-Do
7) Demonstration
   A) Model Sparring
   B) Pre-arranged Free Sparring
   C) Sample of Self-defence Techniques
8) About the Author
9) Group photos

VOLUME II:
1) Theory of Power
2) Attacking and Blocking Tools
3) Vital Sports
4) Training
   A) Training Hall
   B) Conduct in Do Jang
   C) Training Equipment
   D) Practice Suits
5) Stances
6) Training Aids

VOLUME III: Hand Techniques

VOLUME IV: Foot Techniques

VOLUME V: Sparring

VOLUME VI: Fundamental Exercises (A)

VOLUME VII: Fundamental Exercises (B)

